Fresh, Healthy, Good Food Every Day!!!

CKC Good Food

This institution is an equal opportunity provider

651-453-1136

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Name : October 2022 Parnassus Preparatory School Grades 5-8 Lunch menu | **Options Provided : Hot, Hot Vegetarian Meals**

Age Group : K-8 Grades | **Meal : Lunch** | **Meal Pattern : NSLP**

Week IV	Monday, October 3, 2022	Tuesday, October 4, 2022	Wednesday, October 5, 2022	Thursday, October 6, 2022	Friday, October 7, 2022
	Queso Meatball Sub	**Breaded Chicken Patty Sandwich**	**"New" Greek Nachos ****(Student Favorite)****	**Brunch Lunch**	**Dry Rub Roasted Chicken Drumstick**
	WG Bun & Cilantro	Bakery Bun & Ketchup	Seasoned Meat, Corn Tortilla Chips	French Toast Sticks w/ Syrup	Dinner Roll
Hot Meal	Nacho Cheese Doritos	Assorted Salad Bar	Tatziki Sauce	Assorted Salad Bar	Assorted Salad Bar
	Assorted Salad Bar	Tropical Fruit Mix	Assorted Salad Bar	Summer Grapes	Crisp Apple
	Variety Applesauce & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk
Hot Veg	**Garden Cheeseburger**	**Cheese Quesadilla**	**Warm Cheesy Nachos**	**French Toast Sticks & Syrup**	**Grilled Cheese Sandwich**

Week V	Monday, October 10, 2022	Tuesday, October 11, 2022	Wednesday, October 12, 2022	Thursday, October 13, 2022	Friday, October 14, 2022
	Mozzarella Burger	**Pomodoro Meatballs**	**Creamy Mac & Cheese**	**Sesame Chicken**	**Walking Taco**
	WG Bakery Bun & Ketchup	WG Dinner Roll	Assorted Salad Bar	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef
Hot Meal	Cool Ranch Doritos	Assorted Salad Bar	Banana	Assorted Salad Bar	w/ Shred Chz, Cilantro
	Assorted Salad Bar	Tropical Fruit Mix	Vanilla Wafers	Summer Grapes	Assorted Salad Bar
	Variety Applesauce & Choice Milk	Choice Milk	Choice Milk	Lemon Crisps & Choice Milk	Crisp Apple & Choice Milk
Hot Veg	**Mozzarella Veggie Burger**	**Veggie Lasagna Roll & WG Roll**	**Cheese Hot Pocket w/ Italian Dip**	**Veggie Nuggets w/ Ketchup & Dinner Roll**	**Cheese Quesadilla**

Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
	Golden Corn Dog w/ Ketchup	**"New" Roasted Curry Chicken Drumstick**	**Cheeseburger**	**Chicken Fritters w/ Ranch Dip**	**Build Your Own Cheesy Nachos**
	Assorted Salad Bar	Old Fashioned Biscuit	Fresh Bakery Bun & Ketchup	Cool Ranch Doritos	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips
Hot Meal	Variety Applesauce	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar
	Choice Milk	Tropical Fruit Mix	Elf Grahams	Summer Grapes	Crisp Apple
	Goldfish Pretzels	Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk
Hot Veg	**Pizza Crunchers & Italian Dip**	**Creamy Mac & Cheese**	**Garden Cheeseburger**	**Cheese Quesadilla**	**Warm Cheesy Nachos**

Week I	Monday, October 24, 2022	Tuesday, October 25, 2022	Wednesday, October 26, 2022	Thursday, October 27, 2022	Friday, October 28, 2022
	"New" Creamy Chicken Pasta	**All Beef Hot Dog**	**Burrito Bowl**	**Creamy Mac & Cheese**	**Sweet & Sour Chicken**
	Soft Dinner Roll	WG Bun, Ketchup & Mustard	Brown Rice topped w/Seasoned Beef	Assorted Salad Bar	Steamed Seasoned Brown Rice
Hot Meal	Assorted Salad Bar	Cool Ranch Doritos	Shred Chz & CKC Youza Sauce	Summer Grapes	Assorted Salad Bar
	Variety Applesauce	Assorted Salad Bar	Assorted Salad Bar	Mixed Berry Animal Crackers	Crisp Apple
	Choice Milk	Tropical Fruit Mix & Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk
Hot Veg	**Smothered Garden Patty w/ WG Roll**	**Grilled Cheese Sandwich**	**Quesadilla**	**Creamy Mac & Cheese**	**Stuffed Breadsticks w/ Sauce**

Week II	Monday, October 31, 2022	Chef Spotlight - Nora Martinez (Food Service Manager, CKC)
	"New" BBQ Beef Sandwich	**An easy and tasty recipe for Thanksgiving, or even a barbeque night**
	Sunchips	"I love cooking for family and friends. Cooking this recipe together as a team with my children for Thanksgiving brings me memories of when I was younger and helped my mother to prepare this special dish. Now that I grew up, I enjoy cooking special meals that my mother used to prepare for our family. Loaded potatoes was a favorite dish on our plate for Thanksgiving and we enjoy every bite of it with special memories. - Nora"
Hot Meal	Assorted Salad Bar	
	Variety Applesauce	
	Choice Milk	
Hot Veg	**BBQ Garden Burger**	Chef Nora's recipe for 'Loaded Potatoes' is on Page 2

*** Hot Veg meals are served with vegetables and fruit of the day

** Skim and 1% milk choices offered daily.*
** All Bread/Bread Products/Chips/Tortillas listed in the menu are Whole-grain products.*
** All Rice/Rice Products listed in the menu are Whole-grain brown rice products.*

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Menu is subject to infrequent changes

Loaded Potatoes - Recipe

Ingredients: Servings: 16

*6 Potatoes
*1 Cup butter
*1 Cup sour cream
*1/2 tsp salt
*1/2 Tbls ground black pepper
*1 Cup bacon bites
*3 whole pickled jalapenos (chop them into little pieces)

Reserve these for later
*1 Cup shredded cheddar cheese
*1 1/2 Cup green onions

Steps:

1. Wash the potatoes, dry them and cut them in half. Wrap them in thin foil with both slices together and place it on an oven pan. Bake @375 degrees for about 45 minutes.
2. Once cooked, cool and scoop some flesh out of the potatoes leaving a thick shell. The shell will be used later.
3. Mash the scooped flesh and mix all other ingredients.
4. Fill the shells with the mashed potato mix and bake them for about 15-20 minutes.
5. Garnish with cheese, green onions and loaded potatoes are ready to serve.

November 2022 Menu (Subject to Change)

Week II		Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Hot Meal		**"New" Chicken Tinga Walking Taco**	**Meatball Sub w/Mozzarella**	**Brunch Lunch**	**"New" Beef Fried Rice**
		Seasoned Chicken, Fresh Chopped Cilantro	Cool Ranch Doritos	Buttermilk Pancakes & Syrup	Assorted Salad Bar
		Crema & Frito Corn Chips	Assorted Salad Bar	Scrambled Eggs w/ Cheese	Crisp Apple
		Assorted Salad Bar	Banana	Assorted Salad Bar	Fortune Cookie
		Tropical Fruit Mix & Choice Milk	Choice Milk	Summer Grapes & Choice Milk	Choice Milk
Hot Veg		**Creamy Mac & Cheese & WG Roll**	**Veggie Lasagna Roll w/ WG Roll**	**Buttermilk Pancakes & Syrup w/Scrambled Eggs**	Egg Fried Rice

Week III	Monday, November 7, 2022	Tuesday, November 8, 2022	Wednesday, November 9, 2022	Thursday, November 10, 2022	Friday, November 11, 2022
Hot Meal	**Premuim Chicken Nuggets**	**Mandarin Orange Chicken**	**Good Ole Fashioned Hamburger**	**Cheesy Lasagna Roll**	**"New" Authentic Chicken Stir Fry**
	Ketchup	Steamed Brown Rice	w/ Pickle Rounds & Ketchup	Assorted Salad Bar	Seasoned Rice
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Summer Grapes	Assorted Salad Bar
	Cool Ranch Doritos	Tropical Fruit Mix	Baked Cheetos	Elf Grahams	Crisp Apple
	Variety Applesauce & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk
Hot Veg	**Cheese Hot Pocket w/ Italian Dip**	**Bean & Cheese Burrito**	**Grilled Cheese Sandwich**	**Veggie Lasagna Roll**	Stuffed Breadsticks w/ Sauce

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