

Name : October 2022 Parnassus Preparatory School Grades 9-12 Lunch menu		Options Provided : Hot, Hot Vegetarian Meals			
Age Group : 9-12 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
Hot Meal	Queso Meatball Sub WG Bun & Cilantro Nacho Cheese Doritos Assorted Salad Bar Variety Applesauce, 100% Fruit Juice Box & Choice Milk	Spicy Chicken Patty Sandwich Bakery Bun & Ketchup Flamas Assorted Salad Bar & Tropical Fruit Mix Choice Milk & 100% Fruit Juice Box	"New" Greek Nachos ****(Student Favourite)**** Seasoned Meat, Corn Tortilla Chips & Tater Tots Assorted Salad Bar Bananas Cinnamon Goldfish & Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Assorted Salad Bar Summer Grapes Choice Milk, 100% Fruit Juice Box	Dry Rub Roasted Chicken Drumstick Dinner Rolls Assorted Salad Bar Large Crisp Apple Granola Bites & 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
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Variety Applesauce, 100% Fruit Juice Box & Choice Milk	Pomodoro Meatballs WG Dinner Rolls Mashed Potatoes & Assorted Salad Bar Tropical Fruit Mix Choice Milk, 100% Fruit Juice Box	Creamy Mac & Cheese Frsh Bakery Roll Assorted Salad Bar Vanilla Wafers Bananas & Choice Milk	Sesame Chicken Steamed Seasoned Rice Assorted Salad Bar Summer Grapes, 100% Fruit Juice Box Lemon Crisps & Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Cilantro Assorted Salad Bar Large Crisp Apple Animal Crackers & Choice Milk
Hot Veg	Mozzarella Veggie Burger	Veggie Lasagna Roll & WG Rolls	Cheese Hot Pocket w/ Italian Dip	Veggie Nuggets w/ Ketchup & Dinner Rolls	Cheese Quesadilla
Week VI	Monday, October 17, 2022	Tuesday, October 18, 2022	Wednesday, October 19, 2022	Thursday, October 20, 2022	Friday, October 21, 2022
Hot Meal	Golden Corn Dog w/ Ketchup Hot Cheetos Assorted Salad Bar Variety Applesauce Choice Milk, 100% Fruit Juice Box	"New" Roasted Curry Chicken Drumstick Old Fashioned Biscuit w/ Margarine Pc Assorted Salad Bar Tropical Fruit Mix Choice Milk, 100% Fruit Juice Box	Cheeseburger Fresh Bakery Bun & Ketchup Assorted Salad Bar Elf Grahams Bananas & Choice Milk	Spicy Chicken Fritters w/ Ranch Dip Cool Ranch Doritos Assorted Salad Bar Summer Grapes Choice Milk, 100% Fruit Juice Box	Build Your Own Cheesy Nachos Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips Assorted Salad Bar Large Crisp Apple Lemon Crisps & Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese & Cinnamon Goldfish	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
Hot Meal	"New" Creamy Chicken Pasta Soft Dinner Rolls Assorted Salad Bar Variety Applesauce & 100% Fruit Juice Choice Milk	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar & 100% Fruit Juice Tropical Fruit Mix & Choice Milk	Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz & CKC Youza Sauce Assorted Salad Bar Bananas & Choice Milk	Creamy Mac & Cheese Assorted Salad Bar Summer Grapes & 100% Fruit Juice Mixed Berry Animal Crackers WG Roll & Choice Milk	Sweet & Sour Chicken Steamed Seasoned Brown Rice Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	Smothered Garden Patty w/ WG Rolls	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)			
Hot Meal	"New" BBQ Beef Sandwich Sunchips Assorted Salad Bar Variety Applesauce & 100% Fruit Juice Choice Milk	An easy and tasty recipe for Thanksgiving, or even a barbeque night			
Hot Veg	BBQ Garden Burger	"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"			
		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.

Loaded Potatoes - Recipe		
Ingredients: *8 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) <u>Reserve these for later</u> *1 Cup shredded cheddar cheese *1 1/2 Cup green onions	Servings: 16	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 Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Assorted Salad Bar & 100% Fruit Juice Mini Wafers, Tropical Fruit Mix & Choice Milk	Meatball Sub w/Mozzarella Cool Ranch Doritos Assorted Salad Bar Bananas Choice Milk	Brunch Lunch Buttermilk Pancakes & Syrup Scrambled Eggs w/ Cheese Assorted Salad Bar & 100% Fruit Juice Summer Grapes & Choice Milk	"New" Beef Fried Rice Assorted Salad Bar Large Crisp Apple Fortune Cookie WG Roll & 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 Ketchup Assorted Salad Bar & 100% Fruit Juice Cool Ranch Doritos Variety Applesauce & Choice Milk	Mandarin Orange Chicken WG Roll & Steamed Brown Rice Assorted Salad Bar Tropical Fruit Mix & 100% Fruit Juice Choice Milk	Good Ole Fashioned Hamburger w/ Pickle Rounds, Leaf Lettuce, Ketchup & Mustard Assorted Salad Bar Baked Cheetos Bananas & Choice Milk	Cheesy Lasagna Roll WG Rolls & Assorted Salad Bar Summer Grapes Elf Grahams 100% Fruit Juice & Choice Milk	"New" Authentic Chicken Stir Fry Seasoned Rice Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito	Grilled Cheese Sandwich	Veggie Lasagna Roll	Stuffed Breadsticks w/ Sauce

* 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.