

| Name : September 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 V | Chef Spotlight - Barbara Reinhold (Administrative Coordinator) | | | Thursday, September 1, 2022 | Friday, September 2, 2022 |
| Hot Meal | Who said cooking is for eating? | | | Sesame Chicken | Walking Taco |
| | <p>"Some of my favorite recipes are not actually for eating. This HOMEMADE SILLY PUTTY RECIPE is among one of my favorites. Who can resist the fun toy in the plastic egg that has annual sales that exceeds six million eggs around the world?</p> <p>Cooking is about having the confidence to try new things. So Cooking is like science, you experiment with ingredients until you find or make the thing you want.</p> <p>- Barb ☺</p> | | | Steamed Seasoned Rice | Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Cilantro |
| Hot Veg | Chef Barb's recipe for 'Homemade Silly Putty' is on Page 2 | | | Assorted Salad Bar | Assorted Salad Bar |
| | | | | Summer Grapes, 100% Fruit Juice Box | Large Crisp Apple |
| | | | | Lemon Crisps & Choice Milk | Animal Crackers & Choice Milk |
| | | | | Veggie Nuggets w/ Ketchup & Dinner Rolls | Cheese Quesadilla |
| Week VI | Monday, September 5, 2022 | Tuesday, September 6, 2022 | Wednesday, September 7, 2022 | Thursday, September 8, 2022 | Friday, September 9, 2022 |
| Hot Meal | Golden Corn Dog w/ Ketchup | "New" Roasted Curry Chicken Drumstick | Cheeseburger | Spicy Chicken Fritters w/ Ranch Dip | Build Your Own Cheesy Nachos |
| | Hot Cheetos | Old Fashioned Biscuit w/ Margarine Pc | Fresh Bakery Bun & Ketchup | Cool Ranch Doritos | Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips |
| | Assorted Salad Bar | Assorted Salad Bar | Assorted Salad Bar | Assorted Salad Bar | Assorted Salad Bar |
| | Variety Applesauce | Tropical Fruit Mix | Elf Grahams | Summer Grapes | Large Crisp Apple |
| Hot Veg | Pizza Crunchers & Italian Dip | Creamy Mac & Cheese & Cinnamon Goldfish | Garden Cheeseburger | Cheese Quesadilla | Warm Cheesy Nachos |
| | Choice Milk, 100% Fruit Juice Box | Choice Milk, 100% Fruit Juice Box | Bananas & Choice Milk | Choice Milk, 100% Fruit Juice Box | Lemon Crisps & Choice Milk |
| Week I | Monday, September 12, 2022 | Tuesday, September 13, 2022 | Wednesday, September 14, 2022 | Thursday, September 15, 2022 | Friday, September 16, 2022 |
| Hot Meal | "New" Creamy Chicken Pasta | All Beef Hot Dog | Burrito Bowl | Creamy Mac & Cheese | Sweet & Sour Chicken |
| | Soft Dinner Rolls | WG Bun, Ketchup & Mustard | Brown Rice topped w/Seasoned Beef | Assorted Salad Bar | Steamed Seasoned Brown Rice |
| | Assorted Salad Bar | Cool Ranch Doritos | Shred Chz & CKC Youza Sauce | Summer Grapes & 100% Fruit Juice | Assorted Salad Bar |
| | Variety Applesauce & 100% Fruit Juice | Assorted Salad Bar & 100% Fruit Juice | Assorted Salad Bar | Mixed Berry Animal Crackers | Large Crisp Apple |
| Hot Veg | Smothered Garden Patty w/ WG Rolls | Grilled Cheese Sandwich | Quesadilla | Creamy Mac & Cheese | Stuffed Breadsticks w/ Sauce |
| | Choice Milk | Tropical Fruit Mix & Choice Milk | Bananas & Choice Milk | WG Roll & Choice Milk | Choice Milk |
| Week II | Monday, September 19, 2022 | Tuesday, September 20, 2022 | Wednesday, September 21, 2022 | Thursday, September 22, 2022 | Friday, September 23, 2022 |
| Hot Meal | "New" BBQ Beef Sandwich | "New" Chicken Tinga Walking Taco | Meatball Sub w/Mozzarella | Brunch Lunch | "New" Beef Fried Rice |
| | Sunchips | Seasoned Chicken, Fresh Chopped Cilantro | Cool Ranch Doritos | Buttermilk Pancakes & Syrup | Assorted Salad Bar |
| | Assorted Salad Bar | Crema & Frito Corn Chips | Assorted Salad Bar | Scrambled Eggs w/ Cheese | Large Crisp Apple |
| | Variety Applesauce & 100% Fruit Juice | Assorted Salad Bar & 100% Fruit Juice | Bananas | Assorted Salad Bar & 100% Fruit Juice | Fortune Cookie |
| Hot Veg | BBQ Garden Burger | Creamy Mac & Cheese & WG Roll | Veggie Lasagna Roll w/ WG Roll | Buttermilk Pancakes & Syrup w/Scrambled Eggs | Egg Fried Rice |
| | Choice Milk | Mini Wafers, Tropical Fruit Mix & Choice Milk | Choice Milk | Summer Grapes & Choice Milk | WG Roll & Choice Milk |
| Week III | Monday, September 26, 2022 | Tuesday, September 27, 2022 | Wednesday, September 28, 2022 | Thursday, September 29, 2022 | Friday, September 30, 2022 |
| Hot Meal | Premuim Chicken Nuggets | Mandarin Orange Chicken | Good Ole Fashioned Hamburger | Cheesy Lasagna Roll | "New" Authentic Chicken Stir Fry |
| | Ketchup | WG Roll & Steamed Brown Rice | w/ Pickle Rounds, Leaf Lettuce, Ketchup & Mustard | WG Rolls & Assorted Salad Bar | Seasoned Rice |
| | Assorted Salad Bar & 100% Fruit Juice | Assorted Salad Bar | Assorted Salad Bar | Summer Grapes | Assorted Salad Bar |
| | Cool Ranch Doritos | Tropical Fruit Mix & 100% Fruit Juice | Baked Cheetos | Elf Grahams | Large Crisp Apple |
| Hot Veg | Cheese Hot Pocket w/ Italian Dip | Bean & Cheese Burrito | Grilled Cheese Sandwich | Veggie Lasagna Roll | Stuffed Breadsticks w/ Sauce |
| | Variety Applesauce & Choice Milk | Choice Milk | Bananas & Choice Milk | 100% Fruit Juice & Choice Milk | Choice Milk |

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

Homemade Silly Putty - Recipe

| | |
|--|--|
| Ingredients * Large Bowl, fork / small silicone spatula * 1 cup Corn Starch * ½ cup Dish soap * 1 tbsp Baby oil/Cooking oil * 3 drops of Food coloring | Steps : 1. Use the fork/spatula to mix the corn starch + dish soap in the large bowl. 2. Add oil and food coloring, mix with fork/spatula. 3. Now for the science part --- use your hands to knead the putty until it is smooth. 4. The putty will last about an hour – if you want to save some for later seal it in an air-tight container. |
|--|--|

October 2022 Menu (Subject to Change)

| 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 | Spicy Chicken Patty Sandwich | "New" Greek Nachos ****(Student Favorite)**** | Brunch Lunch | Dry Rub Roasted Chicken Drumstick |
| Hot Meal | WG Bun & Cilantro Nacho Cheese Doritos Assorted Salad Bar Variety Applesauce, 100% Fruit Juice Box & Choice Milk | Bakery Bun & Ketchup Flamas Assorted Salad Bar & Tropical Fruit Mix Choice Milk & 100% Fruit Juice Box | Seasoned Meat, Corn Tortilla Chips & T Assorted Salad Bar Bananas Cinnamon Goldfish & Choice Milk | French Toast Sticks w/ Syrup Assorted Salad Bar Summer Grapes Choice Milk, 100% Fruit Juice Box | 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 | | |
| | Mozzarella Burger | Pomodoro Meatballs | Creamy Mac & Cheese | | |
| Hot Meal | WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Variety Applesauce, 100% Fruit Juice Box & Choice Milk | WG Dinner Rolls Mashed Potatoes & Assorted Salad Bar Tropical Fruit Mix Choice Milk, 100% Fruit Juice Box | Frsh Bakery Roll Assorted Salad Bar Vanilla Wafers Bananas & Choice Milk | | |
| Hot Veg | Mozzarella Veggie Burger | Veggie Lasagna Roll & WG Rolls | Cheese Hot Pocket w/ Italian Dip | | |

* 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.