

This institution is an equal opportunity provider

Name : November 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 II		Tuesday, November 1, 2022	Wednesday, November 2, 2022	Thursday, November 3, 2022	Friday, November 4, 2022
Hot Meal		Chicken Tinga Walking Taco Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Assorted Salad Bar Tropical Fruit Mix & Choice Milk	Meatball Sub w/Mozzarella Cool Ranch Doritos Assorted Salad Bar Banana Choice Milk	Brunch Lunch Buttermilk Pancakes & Syrup Scrambled Eggs w/ Cheese Assorted Salad Bar Summer Grapes & Choice Milk	Beef Fried Rice Assorted Salad Bar Crisp Apple Fortune Cookie 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	Premium Chicken Nuggets Ketchup Assorted Salad Bar Cool Ranch Doritos Variety Applesauce & Choice Milk	Sheet Pan Chicken Steamed Brown Rice Assorted Salad Bar Tropical Fruit Mix Choice Milk	Good Ole Fashioned Hamburger w/ Pickle Rounds & Ketchup Assorted Salad Bar Baked Cheetos Banana & Choice Milk	Cheesy Lasagna Roll Assorted Salad Bar Summer Grapes Elf Grahams Choice Milk	Authentic Chicken Stir Fry Seasoned Rice Assorted Salad Bar 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
Week IV	Monday, November 14, 2022	Tuesday, November 15, 2022	Wednesday, November 16, 2022	Thursday, November 17, 2022	Friday, November 18, 2022
Hot Meal	Queso Meatball Sub WG Bun & Cilantro Nacho Cheese Doritos Assorted Salad Bar Variety Applesauce & Choice Milk	Breaded Chicken Patty Sandwich Bakery Bun & Ketchup Assorted Salad Bar Tropical Fruit Mix Choice Milk	Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar Banana & Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Assorted Salad Bar Summer Grapes Choice Milk	Dry Rub Roasted Chicken Drumstick Dinner Roll Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks & Syrup	Grilled Cheese Sandwich
Week V	Monday, November 21, 2022	Tuesday, November 22, 2022	Wednesday, November 23, 2022	Thursday, November 24, 2022	Friday, November 25, 2022
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Variety Applesauce & Choice Milk	Pomodoro Meatballs WG Dinner Roll Assorted Salad Bar Tropical Fruit Mix Choice Milk	Creamy Mac & Cheese Assorted Salad Bar Banana Vanilla Wafers Choice Milk	Teriyaki Chicken Steamed Seasoned Rice Assorted Salad Bar Summer Grapes Lemon Crisps & Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Cilantro Assorted Salad Bar 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, November 28, 2022	Tuesday, November 29, 2022	Wednesday, November 30, 2022	Chef Spotlight - Jason Wilson, Field Kitchen Supervisor, CKC Good Food Connecting to Roots through Food The 'Shoofly Pie' recipe is a favorite in my family. We have longstanding roots in Pennsylvania and this dish is often associated with the Pennsylvania Dutch Amish and Mennonite Communities. There are two styles to this treat: 'Dry' which has a cake-like texture, and 'wet', which has a custard-like bottom. My family always preferred the dry method but as I've learned to make it myself, I prefer the 'wet' pie. It's great for breakfast or dessert and is shelf-stable on the countertop for 5 days (while keeping covered.) - Jason	
Hot Meal	Golden Corn Dog w/ Ketchup Assorted Salad Bar Variety Applesauce Choice Milk Goldfish Pretzels	Roasted Curry Chicken Drumstick Old Fashioned Biscuit Assorted Salad Bar Tropical Fruit Mix Choice Milk	Cheeseburger Fresh Bakery Bun & Ketchup Assorted Salad Bar Elf Grahams Banana & Choice Milk		
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese	Garden Cheeseburger	Jason's 'Shoofly Pie Recipe' is on Page 2	

*** Hot Vegetarian meals are served with vegetables, fruit of the day & milk.

Ingredients Needed:		Servings : 1 Pie	Shoofly Pie Recipe
1 pie crust placed in a 9 inch pie plate (Store bought or from scratch) 1 ½ cups of flour 1 ½ cups of dark brown sugar 1 teaspoon of cinnamon ½ teaspoon of nutmeg A pinch of salt ¼ cup of cold, unsalted butter ¾ cup of molasses (light molasses is sweeter, dark molasses is less sweet, but richer) ¾ cup boiling water			Steps: 1.Preheat oven to 450° F. Prepare pie crust from scratch or use a store-bought one. There are two components to the filling, the molasses liquid mixture and the crumb topping. Crumb topping: 2.Combine the flour, sugar, cinnamon, nutmeg in a bowl, add a pinch of salt and mix well. Use a fork or pastry cutter to work in the butter, until you have a pebbly consistency. Filling: 3.Add the molasses and water along with baking soda, all into a mixing bowl and combine well. Pour the mixture into a prepared pie shell. Evenly sprinkle the crumb topping on top. Do not mix the crumb and filling in order to get the 'wet' pie. If you want the 'dry' pie, mix the crumb and filling together. 4.Bake in the oven for 15 minutes and then reduce the oven temperature to 350° and bake for 20 more minutes. The shoofly pie is done when it is set and firm.

December 2022 Menu (Subject to Change)

Week VI			Thursday, December 1, 2022	Friday, December 2, 2022
Hot Meal			Chicken Fritters w/ Ranch Dip Cool Ranch Doritos Assorted Salad Bar Summer Grapes Choice Milk	Build Your Own Cheesy Nachos Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg			Cheese Quesadilla	Warm Cheesy Nachos

Week I	Monday, December 5, 2022	Tuesday, December 6, 2022	Wednesday, December 7, 2022	Thursday, December 8, 2022	Friday, December 9, 2022
Hot Meal	Creamy Chicken Pasta Soft Dinner Roll Assorted Salad Bar Variety Applesauce Choice Milk	All Beef Hot Dog WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar Tropical Fruit Mix & Choice Milk	Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz & CKC Youza Sauce Assorted Salad Bar Banana & Choice Milk	Creamy Mac & Cheese Assorted Salad Bar Summer Grapes Mixed Berry Animal Crackers Choice Milk	Sweet & Sour Chicken Steamed Seasoned Brown Rice Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	Smothered Garden Patty w/ WG Roll	Grilled Cheese Sandwich	Quesadilla	Creamy Mac & Cheese	Stuffed Breadsticks w/ Sauce

Week II	Monday, December 12, 2022				
Hot Meal	BBQ Beef Sandwich Sunchips Assorted Salad Bar Variety Applesauce Choice Milk				
Hot Veg	BBQ Garden Burger				

* 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.