

Name : December 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 VI	Chef Spotlight - Justin Kilmer, Warehouse Manager			Thursday, December 1, 2022	Friday, December 2, 2022
Hot Meal	Festive Vibes & Food			Chicken Fritters w/ Ranch Dip	Build Your Own Cheesy Nachos
	<p>I started getting more interested in trying and making food around the age of 12. I have always been very recipe oriented when it comes to cooking. Food magazines like Taste of Home or Gourmet, as well as cookbooks were very helpful in providing inspiration and useful information to me. Although I have many favorite recipes, I decided to share a simple yet satisfying vegetable side I've made numerous times for Thanksgiving or Christmas meals. The holidays are all about food and family!</p> <p>- Justin</p>			Cool Ranch Doritos Assorted Salad Bar Fresh Orange Choice Milk	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	Justin Kilmer's 'Roasted Maple - Ginger Root Vegetables' is on Page 2			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 Mac & Cheese	All Beef Hot Dog	Burrito Bowl	Chicken Tinga Walking Taco	Sweet & Sour Chicken
	Soft Dinner Roll Assorted Salad Bar Variety Applesauce Choice Milk	WG Bun, Ketchup & Mustard Assorted Salad Bar Tropical Fruit Mix Choice Milk	Brown Rice topped w/Seasoned Beef Shred Chz & CKC Youza Sauce Assorted Salad Bar Banana & Choice Milk	Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Assorted Salad Bar Honey Grahams, Fresh Orange & Choice Milk	Steamed Seasoned Brown Rice Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	Creamy Mac & Cheese	Grilled Cheese Sandwich	Quesadilla	Smothered Garden Patty w/ WG Roll	Stuffed Breadsticks w/ Sauce
Week II	Monday, December 12, 2022	Tuesday, December 13, 2022	Wednesday, December 14, 2022	Thursday, December 15, 2022	Friday, December 16, 2022
Hot Meal	BBQ Beef Sandwich	Hawaiian Chicken	Meatball Sub w/Mozzarella	Brunch Lunch	Beef Fried Rice
	Cheddar Cheese Crisps Assorted Salad Bar Variety Applesauce Choice Milk	Seasoned Rice, Chopped Cilantro Assorted Salad Bar Tropical Fruit Mix Choice Milk	Assorted Salad Bar Banana Choice Milk	Buttermilk Pancakes & Syrup Scrambled Eggs w/ Cheese Assorted Salad Bar Fresh Orange & Choice Milk	Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	BBQ Garden Burger	Creamy Mac & Cheese	Veggie Lasagna Roll w/ WG Roll	Buttermilk Pancakes & Syrup w/Scrambled Eggs	Egg Fried Rice
Week III	Monday, December 19, 2022	Tuesday, December 20, 2022	Wednesday, December 21, 2022	Thursday, December 22, 2022	Friday, December 23, 2022
Hot Meal	Premium Chicken Nuggets	Sheet Pan Chicken	Good Ole Fashioned Hamburger	Cheesy Lasagna Roll	Authentic Chicken Stir Fry
	Ketchup Assorted Salad Bar Dinner Roll Variety Applesauce & Choice Milk	Steamed Brown Rice Assorted Salad Bar Tropical Fruit Mix Choice Milk	w/ Pickle Rounds & Ketchup Assorted Salad Bar Baked Cheetos Banana & Choice Milk	Assorted Salad Bar Fresh Orange Elf Grahams Choice Milk	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, December 26, 2022	Tuesday, December 27, 2022	Wednesday, December 28, 2022	Thursday, December 29, 2022	Friday, December 30, 2022
Hot Meal	Queso Meatball Sub	Breaded Chicken Patty Sandwich	Greek Nachos ****(Student Favorite)****	Brunch Lunch	Dry Rub Roasted Chicken Drumstick
	WG Bun & Cilantro Nacho Cheese Doritos Assorted Salad Bar Variety Applesauce & Choice Milk	Bakery Bun & Ketchup Assorted Salad Bar Tropical Fruit Mix Choice Milk	Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar Banana & Choice Milk	French Toast Sticks w/ Syrup Assorted Salad Bar Fresh Orange Choice Milk	Dinner Roll Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	Garden Veggie Burger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks & Syrup	Grilled Cheese Sandwich

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

Ingredients : •5 medium parsnips, peeled and sliced •5 small carrots, sliced •3 medium turnips, peeled and cubed •1 large sweet potato, peeled and cubed •1 small rutabaga, peeled and cubed •1 large sweet onion, cut into wedges •1 small red onion, cut into wedges •2 tablespoons olive oil •1 tablespoon minced fresh ginger root •1 teaspoon salt •1/2 teaspoon pepper •1 cup maple syrup	Serves 5-6	Steps: •Place the vegetables (first 7 ingredients listed) in a large bowl. •Add the oil, ginger, salt and pepper and toss well to coat. •Arrange vegetables in a single layer in two 15x10x1-in. baking pans coated with cooking spray. •Bake uncovered, at 425° for 25 minutes, stirring once. •Drizzle with syrup. •Bake until vegetables are tender, 20-25 minutes longer, stirring once more.
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January 2023 Menu (Subject to Change)

Week V	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
	Mozzarella Burger	Pomodoro Meatballs	Creamy Mac & Cheese	Teriyaki 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	Fresh Orange	Assorted Salad Bar
	Variety Applesauce & Choice Milk	Choice Milk	Choice Milk	Honey Grahams & 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 Rolls	Cheese Quesadilla

Week VI	Monday, January 9, 2023	Tuesday, January 10, 2023	Wednesday, January 11, 2023	Thursday, January 12, 2023	Friday, January 13, 2023
	Golden Corn Dog w/ Ketchup	Roasted Curry Chicken Drumstick	Classic Hamburger	Chicken Fritters w/ Ranch Dip	Build Your Own Cheesy Nachos
	Assorted Salad Bar	Fresh Bakery Roll	Fresh Bakery Bun & Ketchup	Cheddar Cheese Crisps	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	Banana	Fresh Orange	Crisp Apple
		Choice Milk	Elf Grahams & Choice Milk	Choice Milk	Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese	Garden Veggie Burger	Cheese Hot Pocket	Grilled Cheese Sandwich

* 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.