

Name : January 2023 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 V	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
Hot Meal	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
	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
Hot Meal	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
	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	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
Week I	Monday, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Hot Meal	Creamy Mac & Cheese	All Beef Hot Dog	Burrito Bowl	Chicken Tinga Walking Taco	Sweet & Sour Chicken
	Soft Dinner Roll	WG Bun, Ketchup & Mustard	Brown Rice topped w/Seasoned Beef	Seasoned Chicken, Fresh Chopped Cilantro	Steamed Seasoned Brown Rice
	Assorted Salad Bar	Assorted Salad Bar	Shred Chz & CKC Youza Sauce	Crema & Frito Corn Chips	Assorted Salad Bar
	Variety Applesauce	Tropical Fruit Mix	Assorted Salad Bar	Assorted Salad Bar	Crisp Apple
	Choice Milk	Choice Milk	Banana & Choice Milk	Honey Grahams, Fresh Orange & Choice Milk	Choice Milk
Hot Veg	Creamy Mac & Cheese	Grilled Cheese Sandwich	Quesadilla	Smothered Garden Patty w/ WG Roll	Stuffed Breadsticks w/ Sauce
Week II	Monday, January 23, 2023	Tuesday, January 24, 2023	Wednesday, January 25, 2023	Thursday, January 26, 2023	Friday, January 27, 2023
Hot Meal	BBQ Beef Sandwich	Hawaiian Chicken	Meatball Sub w/Mozzarella	Brunch Lunch	Beef Fried Rice
	Cheddar Cheese Crisps	Seasoned Rice, Chopped Cilantro	Assorted Salad Bar	Buttermilk Pancakes & Syrup	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Banana	Scrambled Eggs w/ Cheese	Crisp Apple
	Variety Applesauce	Tropical Fruit Mix	Choice Milk	Assorted Salad Bar	Choice Milk
	Choice Milk	Choice Milk		Fresh Orange & 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, January 30, 2023	Tuesday, January 31, 2023	Chef Spotlight - Shawn Mueller, Procurement Manager		
Hot Meal	Premium Chicken Nuggets	Sheet Pan Chicken	Heart and Soul Warming Winter Food		
	Ketchup	Steamed Brown Rice	Growing up, this meal was made religiously in our home. Tater Tot hotdish is a simple, yet delicious meal. It is great right out of the oven, or when reheated before or after you go out skating on the pond or for any other fun winter activity.		
	Assorted Salad Bar	Assorted Salad Bar	Warm up this winter with some Hotdish.		
	Dinner Roll	Tropical Fruit Mix	--Shawn Mueller		
	Variety Applesauce & Choice Milk	Choice Milk	'Tater Tot Hotdish' recipe is on Page 2		
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito			

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

Tater Tot Hotdish Recipe

Ingredients :	Serves 4-6	Steps:
<ul style="list-style-type: none"> •1 bag Tater Tots- 32oz •1 pound Lean Ground Beef (or Chicken/Turkey) •1 Onion •2 cups mixed vegetables •10.5 ounces Cream of Mushroom Soup •0.5 cup sour cream •0.5 cup milk •0.5 teaspoon garlic •Salt and Pepper to taste •2.5 cups Cheddar cheese shredded 		<ul style="list-style-type: none"> •Preheat oven to 400 degrees. •Grease your casserole dish. •Brown ground beef, onion over medium heat and drain the fat. •While your beef is cooking, mix together Soup, Sour cream, Milk, Garlic and 0.5 cup of the cheese. •Once your beef is browned, pour into the greased casserole and add the soup mixture on top. Layer the tater tots on top of the beef and soup mix. •Sprinkle the rest of the Cheddar Cheese. •Cook covered for 30 minutes, remove foil and cook an additional 15-20 minutes until bubbly.

February 2023 Menu (Subject to Change)

Week III	Wednesday, February 1, 2023	Thursday, February 2, 2023	Friday, February 3, 2023		
Hot Meal	Good Ole Fashioned Hamburger w/ Pickle Rounds & Ketchup Assorted Salad Bar Baked Cheetos Banana & Choice Milk	Cheesy Lasagna Roll Assorted Salad Bar Fresh Orange Elf Grahams Choice Milk	Authentic Chicken Stir Fry Seasoned Rice Assorted Salad Bar Crisp Apple Choice Milk		
Hot Veg	Grilled Cheese Sandwich	Veggie Lasagna Roll	Stuffed Breadsticks w/ Sauce		
Week IV	Monday, February 6, 2023	Tuesday, February 7, 2023	Wednesday, February 8, 2023	Thursday, February 9, 2023	Friday, February 10, 2023
Hot Meal	Mongolian Meatballs Steamed Rice 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 Fresh Orange Choice Milk	Dry Rub Roasted Chicken Drumstick Dinner Rolls Assorted Salad Bar Crisp Apple Choice Milk
Hot Veg	Garden Veggie Burger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks & Syrup	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.