

Name : January 2023 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	Monday, January 2, 2023	Tuesday, January 3, 2023	Wednesday, January 4, 2023	Thursday, January 5, 2023	Friday, January 6, 2023
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 Assorted Salad Bar Tropical Fruit Mix Choice Milk, 100% Fruit Juice Box	Creamy Mac & Cheese Fresh Bakery Roll Assorted Salad Bar Vanilla Wafers Bananas & Choice Milk	Teriyaki Chicken Steamed Seasoned Rice Assorted Salad Bar Fresh Orange, 100% Fruit Juice Box 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, 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 Hot Cheetos Assorted Salad Bar Variety Applesauce Choice Milk, 100% Fruit Juice Box	Roasted Curry Chicken Drumstick Fresh Bakery Rolls 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 Fresh Orange 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, January 16, 2023	Tuesday, January 17, 2023	Wednesday, January 18, 2023	Thursday, January 19, 2023	Friday, January 20, 2023
Hot Meal	Creamy Mac & Cheese 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	Chicken Tinga Walking Taco Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Assorted Salad Bar & Fresh Orange Honey Grahams, 100% Fruit Juice Box & Choice Milk	Sweet & Sour Chicken Steamed Seasoned Brown Rice Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	Creamy Mac & Cheese	Grilled Cheese Sandwich	Quesadilla	Smothered Veg Patty & 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 Assorted Salad Bar Variety Applesauce & 100% Fruit Juice Choice Milk Hot Cheetos	Hawaiian Chicken Seasoned Rice, Chopped Cilantro Assorted Salad Bar Tropical Fruit Mix & 100% Fruit Juice Choice Milk	Meatball Sub w/Mozzarella Assorted Salad Bar Bananas Choice Milk Mixed Berry Animal Crackers	Brunch Lunch Buttermilk Pancakes & Syrup Scrambled Eggs w/ Cheese Assorted Salad Bar & 100% Fruit Juice Fresh Orange & Choice Milk	Beef Fried Rice Assorted Salad Bar Large Crisp Apple Fortune Cookie Lemon Crisps & Choice Milk
Hot Veg	BBQ Garden Burger	Cheese Hot Pocket w/ Red Sauce	Veggie Lasagna 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 Ketchup Assorted Salad Bar & 100% Fruit Juice Dinner Rolls Variety Applesauce & Choice Milk	Sheet Pan Chicken WG Roll & Steamed Brown Rice Assorted Salad Bar Tropical Fruit Mix & 100% Fruit Juice Choice Milk	<p align="center">Heart and Soul Warming Winter Food</p> <p>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.</p> <p align="center">Warm up this winter with some Hotdish.</p> <p align="center">--Shawn Mueller</p>		
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Bean & Cheese Burrito	'Tater Tot Hotdish' recipe is on Page 2		

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

* 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.

Tater Tot Hotdish Recipe

Ingredients : <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 	Serves 4-6	Steps: <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.
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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, Leaf Lettuce, Ketchup & Mustard Assorted Salad Bar Baked Cheetos Bananas & Choice Milk	Cheesy Lasagna Roll WG Rolls & Assorted Salad Bar Fresh Orange Elf Grahams 100% Fruit Juice & Choice Milk	Authentic Chicken Stir Fry Seasoned Rice Assorted Salad Bar Large 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 & 100% Fruit Juice Choice Milk	Spicy Chicken Patty Sandwich Bakery Bun & Ketchup Flamas Assorted Salad Bar & Tropical Fruit Mix Choice Milk & 100% Fruit Juice Box	Greek Nachos ****(Student Favorite)**** Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar & Bananas Cinnamon Goldfish & Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Assorted Salad Bar Fresh Orange Choice Milk, 100% Fruit Juice Box	Dry Rub Roasted Chicken Drumstick Dinner Rolls Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos	French Toast Sticks & Syrup	Grilled Cheese Sandwich

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