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Name: March 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 I	Chef Spotlight - Shannon Lilga, Human Resources Generalist		Wednesday, March 1, 2023	Thursday, March 2, 2023	Friday, March 3, 2023
Hot Meal	Easier than you think to make and the results are so WORTH IT! We make homemade marshmallows for our Christmas Eve, along with hot chocolate and cookies before bed. We even leave a nice cup of hot cocoa and marshmallows for Santa. Now that our family is older, we still make the marshmallows and enjoy them with adult hot chocolate and use them to make s'mores dip to enjoy while we play a game or watch a movie. - Shannon		Burrito Bowl Brown Rice topped w/Seasoned Beef Shred Chz & CKC Youza Sauce Assorted Salad Bar Banana & Choice Milk	Chicken Tinga Walking Taco Seasoned Chicken, Fresh Chopped Cilantro Crema & Frito Corn Chips Assorted Salad Bar Honey Grahams, Fresh Orange & Choice Milk	Sweet & Sour Chicken Steamed Seasoned Brown Rice Assorted Salad Bar Crisp Apple Choice Milk
	Hot Veg	'Homemade Marshmallows' recipe is on Page 2		Quesadilla	Smothered Garden Patty w/ WG Roll Stuffed Breadsticks w/ Sauce
Week II	Monday, March 6, 2023	Tuesday, March 7, 2023	Wednesday, March 8, 2023	Thursday, March 9, 2023	Friday, March 10, 2023
Hot Meal	BBQ Beef Sandwich Cheddar Cheese Crisps Assorted Salad Bar Cinnamon Apple Slices Choice Milk	Golden Corn Dog w/ Ketchup Assorted Salad Bar Chilled Pears Choice Milk	Meatball Sub w/ Mozzarella Assorted Salad Bar Banana Choice Milk	Brunch Lunch Double Buttermilk Pancakes Homemade Berry Burst Syrup Fruity Yogurt Cup Assorted Salad Bar, Fresh Orange & Choice Milk	Beef Fried Rice Assorted Salad Bar Crisp Apple Choice Milk
	Hot Veg	BBQ Garden Burger	Grilled Cheese Sandwich	Buttermilk Pancakes & Syrup w/ Scrambled Eggs	Egg Fried Rice & Cinnamon Grahams Cheese Quesadilla
Week III	Monday, March 13, 2023	Tuesday, March 14, 2023	Wednesday, March 15, 2023	Thursday, March 16, 2023	Friday, March 17, 2023
Hot Meal	Premium Chicken Nuggets Ketchup Assorted Salad Bar Dinner Roll Cinnamon Apple Slices & Choice Milk	Sheet Pan Chicken Steamed Brown Rice Assorted Salad Bar Chilled Pears Fortune Cookie & Choice Milk	Good Ole Fashioned Hamburger w/ Pickle Rounds & Ketchup Assorted Salad Bar Baked Cheetos Banana & Choice Milk	Beef Pretzel Dog Assorted Salad Bar Fresh Orange Choice Milk	Chicken Enchilada Bowl Corn Chips, Shred Cheese Assorted Salad Bar Crisp Apple Choice Milk
	Hot Veg	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	Grilled Cheese Sandwich	Mozzarella Pinwheel Stuffed Breadsticks w/ Sauce
Week IV	Monday, March 20, 2023	Tuesday, March 21, 2023	Wednesday, March 22, 2023	Thursday, March 23, 2023	Friday, March 24, 2023
Hot Meal	Mongolian Meatballs Steamed Rice Assorted Salad Bar Cinnamon Apple Slices Choice Milk	Breaded Chicken Patty Sandwich Bakery Bun & Ketchup Assorted Salad Bar Chilled Pears 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
Week V	Monday, March 27, 2023	Tuesday, March 28, 2023	Wednesday, March 29, 2023	Thursday, March 30, 2023	Friday, March 31, 2023
Hot Meal	Mozzarella Burger WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Cinnamon Apple Slices & Choice Milk	Pomodoro Meatballs WG Dinner Roll Assorted Salad Bar Chilled Pears Choice Milk	Creamy Mac & Cheese Assorted Salad Bar Banana Vanilla Wafers Choice Milk	Teriyaki Chicken Steamed Seasoned Rice Assorted Salad Bar Fresh Orange Fortune Cookie & 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 Nuggets w/ Ketchup & Dinner Roll	Cheese Hot Pocket w/ Italian Dip	Egg Fried Rice Cheese Quesadilla

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

Homemade Marshmallows		
Ingredients:	Steps	Serves 6-7
<ul style="list-style-type: none"> •1 cup cold water, divided •3 0.25 ounce packets unflavoured gelatin •1 ½ cup granulated sugar •1 cup light corn syrup •¼ teaspoon fine salt •2 teaspoons vanilla extract •2/3 cup confectioners' sugar, divided 	<ol style="list-style-type: none"> 1. Add 1/2 cup of water and all of gelatin to the bowl of a stand mixer (or extra large mixing bowl and then use a handheld electric mixer*). Let set for 10 minutes, so the gelatin blooms. 2. While the gelatin blooms, add the granulated sugar, corn syrup, remaining 1/2 cup water, and salt to a medium saucepan and cook over medium-low heat. Whisk constantly until the sugar is dissolved. Let it simmer and bubble for about 3 minutes until the syrup becomes clear. 3. Once the gelatin has bloomed, pour in the hot syrup mixture into the stand mixer bowl. When the syrup comes into contact with the gelatin, it may bubble up which is fine. 4. With the whisk attachment, whisk on low for about 2 minutes. Do not increase speed until the gelatin and syrup have mixed, as it will fly out and cause burns. 5. Once they are mixed, increase speed to high and whisk for 10 minutes or until it is really fluffy and increased in size. 6. Add the vanilla extract and whisk for an additional minute. 7. Generously dust a 9x13-inch pan with confectioners' sugar (use about 1/4 cup). This ensures the marshmallows do not stick and are easy to remove. If your confectioners' sugar is lumpy, I recommend sifting it. 8. Pour the marshmallow mixture into the pan, and spread it into an even layer with a rubber spatula. 9. Dust the top of the marshmallows with about 2 tablespoons confectioners' sugar, cover with plastic wrap, and let set for at least 8 hours, but preferably overnight. 10. Once the marshmallows are set, dust a cutting board or flat surface with 1/4 cup or more of confectioners' sugar to prevent them from sticking. 11. Cut the marshmallows into 1-inch squares. You should end up with 28 large marshmallows. Serve and enjoy**. 	

NOTES

*While a stand mixer is not essential, if you have one, now is the time to use it. If not, use a handheld electric mixer noting you may have to whip the mixture longer than the indicated times.
 **These marshmallows toast up beautifully just like, or better than, store bought ones. They are perfect for smores especially since they are square.
 Storage: Marshmallows may be stored in an airtight container or ziptop baggie for up to 2 weeks at room temp.

April 2023 Menu (Subject to Change)

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023
	Brunch Lunch	Roasted Curry Chicken Drumstick	Classic Hamburger	Chicken Fritters w/ Ranch Dip	Build Your Own Cheesy Nachos
	Buttermilk Pancakes	Fresh Bakery Roll	Fresh Bakery Bun & Ketchup	Assorted Salad Bar	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips
Hot Meal	Homemade Berry Burst Syrup	Assorted Salad Bar	Assorted Salad Bar	Fresh Orange	Assorted Salad Bar
	Scrambled Eggs w/ Cheese	Chilled Pears	Banana	Choice Milk	Crisp Apple
	Assorted Salad Bar, Cinnamon Apple Slices & Choice Milk	Choice Milk	Choice Milk	Cinnamon Grahams	Honey Grahams & Choice Milk
Hot Veg	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese	Garden Veggie Burger	Cheese Quesadilla	Grilled Cheese Sandwich

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
	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
Hot Meal	Assorted Salad Bar	Assorted Salad Bar	Shred Chz & CKC Youza Sauce	Crema & Frito Corn Chips	Assorted Salad Bar
	Cinnamon Apple Slices	Chilled Pears	Assorted Salad Bar	Assorted Salad Bar	Crisp Apple
	Choice Milk	Choice Milk	Banana & Choice Milk	Granola Bites, Fresh Orange & Choice Milk	Fortune Cookie & Choice Milk
Hot Veg	Stuffed Breadsticks w/ Sauce	Grilled Cheese Sandwich	Quesadilla	Smothered Garden Patty w/ WG Roll	Creamy Mac & Cheese

* 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.