Name: April 2023 Parnassus Preparatory School Breakfast Menu

Age Group: K-12 Meal Pattern: NSLP Meal:Breakfast

Chef Spotlight - Jim Leahy, Client Relations Manager

CHEESY, SHRIMPY AND BACON-Y HEAVENLY PASTA

This is a family favorite that my mom used to make and I now make it for my girls and it has become one of their favorites! Normally when my mom would cook I wouldn't hover around the kitchen. However, this recipe had BACON and I would sneak whatever I could when she wasn't looking. My girls tried to do the same when they were little – I was on to them. However, knowing how bacon takes over one's mind, I would let them have a little here and there.

Pack Mini Breakfast Bites (2 tems) Sanana Choccolate Chtip Oatmeal Clitems) Clitems		- Jim Leahy					
A Pack Mini Breakfast Bites (2 Items) A pack Mini Breakf			'THIN LINGUINI OR SPAGHETTI V	NITH AVOCADO, BACON AND SHRIMP' RE	ECIPE IS ON PAGE 2		
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Week II Monday, April 17, 2023 Tuesday, April 18, 2023 Wednesday, April 19, 2023 Thursday, April 20, 2023 Friday, April 21, 2023 Treath Juice (1 item) 100% 4.23 or Fruit Juice				Chef's Choice may be offered			
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med USDA. The lasm mad USDA. The	Breakfast	Strawberry Boli (2 Items)		Mini Cinnamon Roll (2 items)		Maple Waffle Snaps (2 items)	
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^{*} 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.





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Thin Linguini				
Ingredients:	Steps	Serves 4-5		
 4 slices of bacon, diced ¼ cup extra virgin olive oil 1 garlic clove, crushed 8 ounces peeled baby shrimp, finely chopped 1 large avocado cut into thin wedges 1 lb. thin linguini ¼ cup grated Parmigiano- Reggiano cheese 	1. Fry bacon in skillet until crisp. 2. Combine olive oil and garlic in larg 3. Add shrimp, toss to coat and heat 4. Add reserved bacon and avocado. 5. Let stand off heat until linguini is 6. Cook linguini in salted water until 7. Combine with shrimp mixture. 8. Add cheese to toss!	through for about 2 minutes. cooked.		

May 2023 Menu (Subject to Change)

Breaktast:	Pack Mini Breakfast Bites (2				
item	-	Whole Grain Chocolate Glazed Donut (2 items)	Apple Frudel (2 items)		Banana Choc Chip Oatmeal Round (2 items)
Three items meet USDA Requirements	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)
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Chef's Choice may be offered

Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023	
	Apple Filled Donut (2 items)	Chocolate Chip Muffin (2 items)	Maple Waffle Snaps (2 items)	Honey Bun (2 items)	Whole Grain Chocolate Donut (2 items)	
Hot Meal	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	
	Choice Milk & Second Fruit OVS (1 item each)	` ·	item each)	,	Choice Milk & Second Fruit OVS (1 item each)	
	Chef's Choice may be offered					

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