

**Name : April 2023 Parnassus Preparatory School Breakfast Menu**  
**Age Group : K-12**

**Meal : Breakfast**

**Meal Pattern : NSLP**

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.

Jim Leahy

'THIN LINGUINI OR SPAGHETTI WITH AVOCADO, BACON AND SHRIMP' RECIPE IS ON PAGE 2

Week VI	Monday, April 3, 2023	Tuesday, April 4, 2023	Wednesday, April 5, 2023	Thursday, April 6, 2023	Friday, April 7, 2023
Breakfast	<b>Banana Chocolate Chip Oatmeal Round (2 items)</b>	<b>Orange Dream Muffin (2 items)</b>	<b>Cinnamon Crumb Loaf (2 items)</b>	<b>Mini Waffle Pack (2 items)</b>	<b>4 Pack Mini Breakfast Bites (2 items)</b>
Three items meet USDA Requirements (One item must be fruit)	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)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>					

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
Breakfast	<b>Strawberry Boli (2 Items)</b>	<b>Whole Grain Apple Donut (2 Items)</b>	<b>Mini Cinnamon Roll (2 items)</b>	<b>Wg Glazed Honey Bun (2 items)</b>	<b>Maple Waffle Snaps (2 items)</b>
Three items meet USDA Requirements (One item must be fruit)	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)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>					

Week II	Monday, April 17, 2023	Tuesday, April 18, 2023	Wednesday, April 19, 2023	Thursday, April 20, 2023	Friday, April 21, 2023
Breakfast	<b>4 Pack Mini Breakfast Bites (2 items)</b>	<b>Whole Grain Chocolate Donut (2 items)</b>	<b>Mini Waffle Pack (2 items)</b>	<b>Cinnamon Crumb Loaf (2 items)</b>	<b>Orange Dream Muffin (2 items)</b>
Three items meet USDA Requirements (One item must be fruit)	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)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>					

Week III	Monday, April 24, 2023	Tuesday, April 25, 2023	Wednesday, April 26, 2023	Thursday, April 27, 2023	Friday, April 28, 2023
Breakfast	<b>WG Cinnamon Roll (2 items)</b>	<b>Double Snack Bread (2 Items)</b>	<b>Honey Bun (2 items)</b>	<b>Cinnamon Crumb Loaf (2 items)</b>	<b>Mini Waffle Pack (2 items)</b>
Three items meet USDA Requirements (One item must be fruit)	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)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>					

\* 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.

<b>Thin Linguini</b>		
Ingredients:	Steps	Serves 4-5
<ul style="list-style-type: none"> <li>• 4 slices of bacon, diced</li> <li>• ¼ cup extra virgin olive oil</li> <li>• 1 garlic clove, crushed</li> <li>• 8 ounces peeled baby shrimp, finely chopped</li> <li>• 1 large avocado cut into thin wedges</li> <li>• 1 lb. thin linguini</li> <li>• ¼ cup grated Parmigiano- Reggiano cheese</li> </ul>	<ol style="list-style-type: none"> <li>1. Fry bacon in skillet until crisp.</li> <li>2. Combine olive oil and garlic in large skillet and heat until garlic sizzles.</li> <li>3. Add shrimp, toss to coat and heat through for about 2 minutes.</li> <li>4. Add reserved bacon and avocado.</li> <li>5. Let stand off heat until linguini is cooked.</li> <li>6. Cook linguini in salted water until firm to the bite.</li> <li>7. Combine with shrimp mixture.</li> <li>8. Add cheese to toss!</li> </ol>	

**May 2023 Menu (Subject to Change)**

Week IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
Breakfast	<b>4 Pack Mini Breakfast Bites (2 items)</b>	<b>Whole Grain Chocolate Glazed Donut (2 items)</b>	<b>Apple Frudel (2 items)</b>	<b>Mini Cinnis Bun (2 items)</b>	<b>Banana Choc Chip Oatmeal Round (2 items)</b>
Three items meet USDA Requirements (One item must be fruit)	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)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
<b>Chef's Choice may be offered</b>					

Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
Hot Meal	<b>Apple Filled Donut (2 items)</b>	<b>Chocolate Chip Muffin (2 items)</b>	<b>Maple Waffle Snaps (2 items)</b>	<b>Honey Bun (2 items)</b>	<b>Whole Grain Chocolate Donut (2 items)</b>
	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)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)
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