

Name : April 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**

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
	Brunch Lunch	Roasted Curry Chicken Drumstick	Classic Hamburger	Chicken Fritters w/ Ranch Dip	Build Your Own Cheesy Nachos
Hot Meal	Buttermilk Pancakes	Fresh Bakery Roll	Fresh Bakery Bun & Ketchup	Assorted Salad Bar	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips
	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	Crunchy Chicken Tender Wrap	Meatballs w/Mozzarella	Sweet & Sour Chicken
Hot Meal	Soft Dinner Roll	WG Bun, Ketchup & Mustard	WG Tortilla, Chicken Tenders	Vanilla Wafers	Steamed Seasoned Brown Rice
	Assorted Salad Bar	Assorted Salad Bar	Shred Cheese, Boom Sauce	Assorted Salad Bar	Assorted Salad Bar
	Cinnamon Apple Slices	Chilled Pears	Assorted Salad Bar	Fresh Orange	Crisp Apple
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk	Fortune Cookie & Choice Milk
Hot Veg	Stuffed Breadsticks w/ Sauce	Grilled Cheese Sandwich	Smothered Garden Patty w/ WG Rolls	Pizza Quesadilla	Creamy Mac & Cheese

Week II	Monday, April 17, 2023	Tuesday, April 18, 2023	Wednesday, April 19, 2023	Thursday, April 20, 2023	Friday, April 21, 2023
	BBQ Beef Sandwich	Golden Corn Dog w/ Ketchup	Burrito Bowl	Brunch Lunch	Beef Fried Rice
Hot Meal	Cheddar Cheese Crisps	Assorted Salad Bar	Brown Rice topped w/Seasoned Beef	Double Buttermilk Pancakes	Assorted Salad Bar
	Assorted Salad Bar	Chilled Pears	Shred Chz, Youza Sauce	Homemade Berry Burst Syrup	Crisp Apple
	Cinnamon Apple Slices	Choice Milk	Assorted Salad Bar	Fruity Yogurt Cup	Choice Milk
	Choice Milk		Banana & Choice Milk	Assorted Salad Bar, Fresh Orange & 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, April 24, 2023	Tuesday, April 25, 2023	Wednesday, April 26, 2023	Thursday, April 27, 2023	Friday, April 28, 2023
	Premium Chicken Nuggets	Sheet Pan Chicken	Good Ole Fashioned Hamburger	Beef Pretzel Dog	Chicken Enchilada Crunch
Hot Meal	Ketchup	Steamed Brown Rice	WG Bun & Ketchup	Assorted Salad Bar	Corn Chips, Shred Cheese
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Fresh Orange	Assorted Salad Bar
	Dinner Roll	Chilled Pears	Mixed Berry Crackers	Choice Milk	Crisp Apple
	Cinnamon Apple Slices & Choice Milk	Fortune Cookie & Choice Milk	Banana & Choice Milk		Choice Milk
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	Grilled Cheese Sandwich	Mozzarella Pinwheel	Stuffed Breadsticks w/ Sauce

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

Thin Linguini		
Ingredients:	Steps	Serves 4-5
<ul style="list-style-type: none"> • 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 	<ol style="list-style-type: none"> 1. Fry bacon in skillet until crisp. 2. Combine olive oil and garlic in large skillet and heat until garlic sizzles. 3. Add shrimp, toss to coat and heat through for about 2 minutes. 4. Add reserved bacon and avocado. 5. Let stand off heat until linguini is cooked. 6. Cook linguini in salted water until firm to the bite. 7. Combine with shrimp mixture. 8. Add cheese to toss! 	

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
	Mongolian Meatballs	Breaded Chicken Patty Sandwich	Greek Nachos ****(Student Favorite)****	Brunch Lunch	Dry Rub Roasted Chicken Drumstick
Hot Meal	Steamed Rice Assorted Salad Bar Cinnamon Apple Slices Choice Milk	Bakery Bun & Ketchup Assorted Salad Bar Chilled Pears Choice Milk	Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar Banana & Choice Milk	French Toast Sticks w/ Syrup Assorted Salad Bar Fresh Orange Choice Milk	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, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
	Mozzarella Burger	Pomodoro Meatballs	Creamy Mac & Cheese	Teriyaki Chicken	Walking Taco
Hot Meal	WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Cinnamon Apple Slices & Choice Milk	WG Dinner Roll Assorted Salad Bar Chilled Pears Choice Milk	Assorted Salad Bar Banana Strawberry Bites Choice Milk	Steamed Seasoned Rice Assorted Salad Bar Fresh Orange Fortune Cookie & Choice Milk	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

* 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.