

**Name : April 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**

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
	<b>Brunch Lunch</b>	<b>Roasted Curry Chicken Drumstick</b>	<b>Cheeseburger</b>	<b>Spicy Chicken Fritters w/ Ranch Dip</b>	<b>Build Your Own Cheesy Nachos</b>
Hot Meal	Buttermilk Pancakes Berry Burst Syrup & whip Cream Scrambled Eggs w/ Cheese Assorted Salad Bar, Cinnamon Apple Slices, 100% Fruit Juice & Choice Milk	Fresh Bakery Rolls Assorted Salad Bar Chilled Pears Choice Milk, 100% Fruit Juice Box	Fresh Bakery Bun & Ketchup Assorted Salad Bar Cinnamon Grahams Bananas & Choice Milk	Cool Ranch Doritos Assorted Salad Bar Fresh Orange Choice Milk, 100% Fruit Juice Box	Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips Assorted Salad Bar Large Crisp Apple Animal Crackers & Choice Milk
Hot Veg	<b>Pizza Crunchers &amp; Italian Dip</b>	<b>Creamy Mac &amp; Cheese &amp; Vanilla Wafers</b>	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Warm Cheesy Nachos</b>

Week I	Monday, April 10, 2023	Tuesday, April 11, 2023	Wednesday, April 12, 2023	Thursday, April 13, 2023	Friday, April 14, 2023
	<b>Creamy Mac &amp; Cheese</b>	<b>All Beef Hot Dog</b>	<b>Crunchy Chicken Tender Wrap</b>	<b>Meatball Sub w/Mozzarella</b>	<b>Sweet &amp; Sour Chicken</b>
Hot Meal	Soft Dinner Roll Assorted Salad Bar Cinnamon Apple Slices & 100% Fruit Juice Choice Milk	WG Bun, Ketchup & Mustard Cool Ranch Doritos Assorted Salad Bar & 100% Fruit Juice Chilled Pears & Choice Milk	WG Tortilla, Chicken Tenders Shred Cheese, Boom Sauce Assorted Salad Bar Bananas & Choice Milk	Vanilla Wafers Baby Carrots & Dip Assorted Salad Bar & Fresh Orange 100% Fruit Juice Box & Choice Milk	Steamed Seasoned Brown Rice Assorted Salad Bar Large Crisp Apple Fortune Cookie & Choice Milk
Hot Veg	<b>Stuffed Breadsticks w/ Sauce</b>	<b>Grilled Cheese Sandwich</b>	<b>Smothered Veg Patty &amp; WG Rolls</b>	<b>Pizza Quesadilla</b>	<b>Creamy Mac &amp; Cheese &amp; Bakery Roll</b>

Week II	Monday, April 17, 2023	Tuesday, April 18, 2023	Wednesday, April 19, 2023	Thursday, April 20, 2023	Friday, April 21, 2023
	<b>BBQ Beef Sandwich</b>	<b>Golden Corn Dog w/ Ketchup</b>	<b>Burrito Bowl</b>	<b>Brunch Lunch</b>	<b>Beef Fried Rice</b>
Hot Meal	Assorted Salad Bar Cinnamon Apple Slices 100% Fruit Juice & Choice Milk Hot Cheetos	Assorted Salad Bar Chilled Pears 100% Fruit Juice & Choice Milk	Brown Rice topped w/Seasoned Beef Shred Chz, Youza Sauce Assorted Salad Bar Bananas & Choice Milk	Triple Buttermilk Pancakes Homemade Berry Burst Syrup Scrambled Eggs w Cheese Assorted Salad Bar, Fresh Orange & Choice Milk	Assorted Salad Bar Large Crisp Apple Fortune Cookie Strawberry Bites & Choice Milk
Hot Veg	<b>BBQ Garden Burger</b>	<b>Grilled Cheese Sandwich</b>	<b>Buttermilk Pancakes &amp; Syrup w/Scrambled Eggs</b>	<b>Egg Fried Rice &amp; Cinnamon Grahams</b>	<b>Cheese Quesadilla</b>

Week III	Monday, April 24, 2023	Tuesday, April 25, 2023	Wednesday, April 26, 2023	Thursday, April 27, 2023	Friday, April 28, 2023
	<b>Buffalo Chicken Nuggets</b>	<b>Sheet Pan Chicken</b>	<b>Good Ole Fashioned Hamburger</b>	<b>Beef Pretzel Dog</b>	<b>Chicken Enchilada Crunch</b>
Hot Meal	Ketchup Assorted Salad Bar & 100% Fruit Juice Sweet Chili Doritos Cinnamon Apple Slices & Choice Milk	Steamed Brown Rice Assorted Salad Bar Chilled Pears & 100% Fruit Juice Fortune Cookie & Choice Milk	w/ Pickle Rounds, Leaf Lettuce, Ketchup & Mustard Assorted Salad Bar Mixed Berry Crackers Bananas & Choice Milk	Assorted Salad Bar Fresh Orange Cheddar Cheese Crisps 100% Fruit Juice & Choice Milk	Corn Chips, Shred Cheese Assorted Salad Bar Large Crisp Apple Cinnamon Grahams & Choice Milk
Hot Veg	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Cheese Quesadilla</b>	<b>Grilled Cheese Sandwich</b>	<b>Mozzarella Pinwheel</b>	<b>Stuffed Breadsticks w/ Sauce</b>

\*\*\* 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.

<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
	<b>Mongolian Meatballs</b>	<b>Spicy Chicken Patty Sandwich</b>	<b>Greek Nachos</b> ****(Student Favorite)****	<b>Brunch Lunch</b>	<b>Dry Rub Roasted Chicken Drumstick</b>
Hot Meal	Steamed Rice Assorted Salad Bar Cinnamon Apple Slices & 100% Fruit Juice Choice Milk	Bakery Bun & Ketchup Flamas Assorted Salad Bar & Chilled Pears Choice Milk & 100% Fruit Juice Box	Seasoned Meat, Corn Tortilla Chips Tatziki Sauce Assorted Salad Bar & Bananas Cinnamon Goldfish & Choice Milk	French Toast Sticks w/ Syrup Assorted Salad Bar Fresh Orange Choice Milk, 100% Fruit Juice Box	Dinner Rolls Assorted Salad Bar Large Crisp Apple Choice Milk
Hot Veg	<b>Garden Cheeseburger</b>	<b>Cheese Quesadilla</b>	<b>Warm Cheesy Nachos</b>	<b>French Toast Sticks &amp; Syrup</b>	<b>Grilled Cheese Sandwich</b>

Week V	Monday, May 8, 2023	Tuesday, May 9, 2023	Wednesday, May 10, 2023	Thursday, May 11, 2023	Friday, May 12, 2023
	<b>Mozzarella Burger</b>	<b>Pomodoro Meatballs</b>	<b>Creamy Mac &amp; Cheese</b>	<b>Teriyaki Chicken</b>	<b>Walking Taco</b>
Hot Meal	WG Bakery Bun & Ketchup Cool Ranch Doritos Assorted Salad Bar Cinnamon Apple Slices, 100% Fruit Juice Box & Choice Milk	WG Dinner Rolls Assorted Salad Bar Chilled Pears Choice Milk, 100% Fruit Juice Box	Strawberry Bites Assorted Salad Bar Bananas Choice Milk	Steamed Seasoned Rice Assorted Salad Bar Fresh Orange, 100% Fruit Juice Box Fortune Cookie & Choice Milk	Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Cilantro Assorted Salad Bar Large Crisp Apple Berry Crackers & Choice Milk
Hot Veg	<b>Mozzarella Veggie Burger</b>	<b>Veggie Nuggets w/ Ketchup &amp; Dinner Rolls</b>	<b>Cheese Hot Pocket w/ Italian Dip</b>	<b>Egg Fried Rice &amp; Granola Bites</b>	<b>Cheese Quesadilla</b>

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