



| Name : March 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                       |   |
| Week I  | Chef Spotlight - Shannon Lilga, Human Resources Generalist   |   | Wednesday, March 1, 2023                            | Thursday, March 2, 2023                   | Friday, March 3, 2023                                   |
| Hot Meal  | <b>Easier than you think to make and the results are so WORTH IT!</b>  |   | <b>Burrito Bowl</b>                                 | <b>Chicken Tinga Walking Taco</b>         | <b>Sweet &amp; Sour Chicken</b>                         |
|   | 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.<br>- Shannon |   | Brown Rice topped w/Seasoned Beef                   | Seasoned Chicken, Fresh Chopped Cilantro  | Steamed Seasoned Brown Rice                             |
|   |  |   | Shred Chz & CKC Youza Sauce                         | Crema & Frito Corn Chips                  | Assorted Salad Bar                                      |
|   |  |   | Assorted Salad Bar                                  | Assorted Salad Bar & Fresh Orange         | Large Crisp Apple                                       |
| Hot Veg   | 'Homemade Marshmallows' recipe is on Page 2  |   | <b>Quesadilla</b>                                   | <b>Smothered Veg Patty &amp; WG Roll</b>  | <b>Stuffed Breadsticks w/ Sauce</b>                     |
| Week II   | Monday, March 6, 2023  | Tuesday, March 7, 2023                              | Wednesday, March 8, 2023                            | Thursday, March 9, 2023                   | Friday, March 10, 2023                                  |
| Hot Meal  | <b>BBQ Beef Sandwich</b>   | <b>Golden Corn Dog w/ Ketchup</b>                   | <b>Meatball Sub w/Mozzarella</b>                    | <b>Brunch Lunch</b>                       | <b>Beef Fried Rice</b>                                  |
|   | Assorted Salad Bar   | Assorted Salad Bar                                  | Assorted Salad Bar                                  | Triple Buttermilk Pancakes                | Assorted Salad Bar                                      |
|   | Cinnamon Apple Slices  | Chilled Pears                                       | Bananas   | Homemade Berry Burst Syrup                | Large Crisp Apple                                       |
|   | 100% Fruit Juice & Choice Milk   | 100% Fruit Juice & Choice Milk                      | Choice Milk   | Scrambled Eggs w Cheese                   | Fortune Cookie  |
| Hot Veg   | <b>BBQ Garden Burger</b>   | <b>Grilled Cheese Sandwich</b>                      | <b>Creamy Mac &amp; Cheese &amp; Vanilla Wafers</b> | <b>Cheese Hot Pocket w/ Italian Dip</b>   | <b>Cheese Quesadilla</b>                                |
| Week III  | Monday, March 13, 2023   | Tuesday, March 14, 2023                             | Wednesday, March 15, 2023                           | Thursday, March 16, 2023                  | Friday, March 17, 2023                                  |
| Hot Meal  | <b>Buffalo Chicken Nuggets</b>   | <b>Sheet Pan Chicken</b>                            | <b>Good Ole Fashioned Hamburger</b>                 | <b>Beef Pretzel Dog</b>                   | <b>Chicken Enchilada Bowl</b>                           |
|   | Ketchup  | Steamed Brown Rice                                  | w/ Pickle Rounds, Leaf Lettuce, Ketchup & Mustard   | Assorted Salad Bar                        | Corn Chips, Shred Cheese                                |
|   | Assorted Salad Bar & 100% Fruit Juice  | Assorted Salad Bar                                  | Assorted Salad Bar                                  | Fresh Orange                              | Assorted Salad Bar                                      |
|   | Sweet Chili Doritos  | Chilled Pears & 100% Fruit Juice                    | Baked Cheetos                                       | Cheddar Cheese Crisps                     | Large Crisp Apple                                       |
| 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>                     |
| Week IV   | Monday, March 20, 2023   | Tuesday, March 21, 2023                             | Wednesday, March 22, 2023                           | Thursday, March 23, 2023                  | Friday, March 24, 2023                                  |
| Hot Meal  | <b>Mongolian Meatballs</b>   | <b>Spicy Chicken Patty Sandwich</b>                 | <b>Greek Nachos</b><br>****(Student Favorite)****   | <b>Brunch Lunch</b>                       | <b>Dry Rub Roasted Chicken Drumstick</b>                |
|   | Steamed Rice   | Bakery Bun & Ketchup                                | Seasoned Meat, Corn Tortilla Chips                  | French Toast Sticks w/ Syrup              | Dinner Rolls  |
|   | Assorted Salad Bar   | Flamas  | Tatziki Sauce                                       | Assorted Salad Bar                        | Assorted Salad Bar                                      |
|   | Cinnamon Apple Slices & 100% Fruit Juice   | Assorted Salad Bar & Chilled Pears                  | Assorted Salad Bar & Bananas                        | Fresh Orange                              | Large Crisp Apple                                       |
| 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, March 27, 2023   | Tuesday, March 28, 2023                             | Wednesday, March 29, 2023                           | Thursday, March 30, 2023                  | Friday, March 31, 2023                                  |
| Hot Meal  | <b>Mozzarella Burger</b>   | <b>Pomodoro Meatballs</b>                           | <b>Creamy Mac &amp; Cheese</b>                      | <b>Teriyaki Chicken</b>                   | <b>Walking Taco</b>                                     |
|   | WG Bakery Bun & Ketchup  | WG Dinner Rolls                                     | Fresh Bakery Roll                                   | Steamed Seasoned Rice                     | Nacho Chz Doritos, Seasoned Beef w/ Shred Chz, Cilantro |
|   | Cool Ranch Doritos   | Assorted Salad Bar                                  | Assorted Salad Bar                                  | Assorted Salad Bar                        | Assorted Salad Bar                                      |
|   | Assorted Salad Bar   | Chilled Pears                                       | Vanilla Wafers                                      | Fresh Orange, 100% Fruit Juice Box        | Large Crisp Apple                                       |
| 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>                                |

\*\*\* 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"> <li>•1 cup cold water, divided</li> <li>•3 0.25 ounce packets unflavoured gelatin</li> <li>•1 ½ cup granulated sugar</li> <li>•1 cup light corn syrup</li> <li>•¼ teaspoon fine salt</li> <li>•2 teaspoons vanilla extract</li> <li>•2/3 cup confectioners' sugar, divided</li> </ul> | <ol style="list-style-type: none"> <li>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.</li> <li>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.</li> <li>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.</li> <li>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.</li> <li>5. Once they are mixed, increase speed to high and whisk for 10 minutes or until it is really fluffy and increased in size.</li> <li>6. Add the vanilla extract and whisk for an additional minute.</li> <li>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.</li> <li>8. Pour the marshmallow mixture into the pan, and spread it into an even layer with a rubber spatula.</li> <li>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.</li> <li>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.</li> <li>11. Cut the marshmallows into 1-inch squares. You should end up with 28 large marshmallows. Serve and enjoy**.</li> </ol> |            |

### 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                                      |
|----------|---|--|----------------------------|--|--|
|          | <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   | Fresh Bakery Rolls w/ Margarine Pc                     | Fresh Bakery Bun & Ketchup | Cool Ranch Doritos                         | Warm Cheddar Cheese Sauce, Seasoned Beef w/ Tortilla Chips |
|          | Berry Burst Syrup & whip Cream  | Assorted Salad Bar                                     | Assorted Salad Bar         | Assorted Salad Bar                         | Assorted Salad Bar   |
|          | Scrambled Eggs w/ Cheese  | Chilled Pears  | Wheat Crackers             | Fresh Orange                               | Large Crisp Apple  |
|          | Assorted Salad Bar, Cinnamon Apple Slices, 100% Fruit Juice & Choice Milk | Choice Milk, 100% Fruit Juice Box                      | Bananas & Choice Milk      | Choice Milk, 100% Fruit Juice Box          | Animal Crackers & Choice Milk                              |
| Hot Veg  | <b>Pizza Crunchers &amp; Italian Dip</b>                                  | <b>Creamy Mac &amp; Cheese &amp; Cinnamon Goldfish</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>Burrito Bowl</b>               | <b>Chicken Tinga Walking Taco</b>                 | <b>Sweet &amp; Sour Chicken</b>                  |
| Hot Meal | Soft Dinner Rolls                        | WG Bun, Ketchup & Mustard             | Brown Rice topped w/Seasoned Beef | Seasoned Chicken, Fresh Chopped Cilantro          | Steamed Seasoned Brown Rice                      |
|          | Assorted Salad Bar                       | Cool Ranch Doritos                    | Shred Chz & CKC Youza Sauce       | Crema & Frito Corn Chips                          | Assorted Salad Bar                               |
|          | Cinnamon Apple Slices & 100% Fruit Juice | Assorted Salad Bar & 100% Fruit Juice | Assorted Salad Bar                | Assorted Salad Bar & Fresh Orange                 | Large Crisp Apple                                |
|          | Choice Milk                              | Chilled Pears & Choice Milk           | Bananas & Choice Milk             | Granola Bites, 100% Fruit Juice Box & Choice Milk | Fortune Cookie & Choice Milk                     |
| Hot Veg  | <b>Stuffed Breadsticks w/ Sauce</b>      | <b>Grilled Cheese Sandwich</b>        | <b>Quesadilla</b>                 | <b>Smothered Veg Patty &amp; WG Roll</b>          | <b>Creamy Mac &amp; Cheese &amp; Bakery Roll</b> |