

Name : May 2023 Parnassus Preparatory School Breakfast Menu
Age Group : K-12 **Meal : Breakfast** **Meal Pattern : NSLP**

Week IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
Breakfast	4 Pack Mini Breakfast Bites (2 items)	Whole Grain Chocolate Glazed Donut (2 items)	Apple Frudel (2 items)	Mini Cinnis Bun (2 items)	Maple Waffle Snaps (2 items)
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)
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
Breakfast	Apple Filled Donut (2 items)	Chocolate Chip Muffin (2 items)	"New" Mini Pancake Puffs (2 items)	Honey Bun (2 items)	Maple Waffle Snaps (2 items)
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)
Chef's Choice may be offered					

Week VI	Monday, May 15, 2023	Tuesday, May 16, 2023	Wednesday, May 17, 2023	Thursday, May 18, 2023	Friday, May 19, 2023
Breakfast	Orange Dream Muffin (2 items)	4 Pack Mini Breakfast Bites (2 items)	Cinnamon Crumb Loaf (2 items)	Banana Oatmeal Chocolate Chip Round (2 items)	Maple Waffle Snaps (2 items)
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)
Chef's Choice may be offered					

Week I	Monday, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023
Breakfast	Strawberry Boli (2 Items)	Whole Grain Apple Donut (2 Items)	Mini Cinnamon Roll (2 items)	Wg Glazed Honey Bun (2 items)	Maple Waffle Snaps (2 items)
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)
Chef's Choice may be offered					

Week II	Monday, May 29, 2023	Tuesday, May 30, 2023	Wednesday, May 31, 2023	Chef Spotlight - Steve Schnaser - Finance Coordinator	
Breakfast	4 Pack Mini Breakfast Bites (2 items)	Whole Grain Chocolate Donut (2 items)	Mini French Toast Pack (2 items)	Sweet and Tangy Pickled Onions	
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)	One of my favorite things to make isn't a main entrée – it's quick pickled onions! I have always loved pickles. My Grandma Ruby canned pickles every year and would always give us a jar or two. As an only child, I always did my best to eat the majority of them. Making quick pickling recipe always reminds me of her. -Steve	
	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)	Choice Milk & Second Fruit OVS (1 item each)		
Chef's Choice may be offered				'Pickled Red Onions' recipe is on Page 2	

* 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.

Pickled Red Onions		
Ingredients:	Steps	Serves 4-5
1.Red Onions, 2.Vinegar, 3.Sugar, 4.Salt and 5.Water. Use a glass canning jar with a screw on lid (I keep a lot of glass jars rather than recycling them). I like to play with different combinations of the Vinegar (rice vinegar, white vinegar or red wine vinegar (or a combination of vinegars) and sweeteners (Sugar, Maple Syrup or Agave sweetener).	1. Slice one large red onion and place into a glass mason jar and pack down gently. 2. Heat 3/4 cup vinegar, 1/4 cup water, 1 teaspoon salt, 1–2 tablespoons sweetener to a simmer. 3. Pour the hot liquid into the container to cover the onions. 4. Let the jar sit out at room temp for a while – at least 30 minutes. 5. Enjoy as a topping on meats, eggs, sandwiches or add to side dishes as well.	

June 2023 Menu (Subject to Change)

Week II	Thursday, June 1, 2023		Friday, June 2, 2023
Breakfast	"New" Mini Pancake Puffs (2 items)		Maple Waffle Snaps (2 items)
Three items meet USDA Requirements (One item must be fruit)	Benefits of Pickled Red Onions Red onions are rich in folate, or vitamin B9, which can improve cardiovascular health and reduce your risk of a stroke. This pickled red onions contain many other vitamins and minerals such as calcium, potassium, magnesium and vitamin C.		
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit OVS (1 item each)
Chef's Choice may be offered			

Week III	Monday, June 5, 2023	Tuesday, June 6, 2023	Wednesday, June 7, 2023	Thursday, June 8, 2023	Friday, June 9, 2023
	WG Cinnamon Roll (2 items)	Chocolate Glazed Donut (2 Items)	Honey Bun (2 items)	Cinnamon Crumb Loaf (2 items)	Maple Waffle Snaps (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)	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)
Chef's Choice may be offered					

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