

Name : May 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 IV	Monday, May 1, 2023	Tuesday, May 2, 2023	Wednesday, May 3, 2023	Thursday, May 4, 2023	Friday, May 5, 2023
Hot Meal	Mongolian Meatballs	Spicy Chicken Patty Sandwich	Greek Nachos ****(Student Favorite)****	Brunch Lunch	Dry Rub Roasted Chicken Drumstick
	Steamed Rice	Bakery Bun & Ketchup	Seasoned Meat, Corn Tortilla Chips	French Toast Sticks w/ Syrup	Dinner Roll
	Assorted Salad Bar	Flamas	Tatziki Sauce	Assorted Salad Bar	Assorted Salad Bar
	Cinnamon Apple Slices	Assorted Salad Bar & Chilled Pears	Assorted Salad Bar & Bananas	Fresh Orange	Large Crisp Apple
	100% Fruit Juice & Choice Milk	Choice Milk & 100% Fruit Juice Box	Granola Bites & Choice Milk	Choice Milk, 100% Fruit Juice Box	Animal Cracker & Choice Milk
Hot Veg	Garden Cheeseburger	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
Hot Meal	Mozzarella Burger	Pomodoro Meatballs	Creamy Mac & Cheese	Teriyaki Chicken	Walking Taco
	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	Bananas	Fresh Orange, 100% Fruit Juice Box	Large Crisp Apple
	Cinnamon Apple Slices, 100% Fruit Juice Box & Choice Milk	Choice Milk, 100% Fruit Juice Box	Choice Milk	Fortune Cookie & Choice Milk	Berry Crackers & Choice Milk
Hot Veg	Mozzarella Veggie Burger	Veggie Nuggets w/ Ketchup & Dinner Rolls	Cheese Hot Pocket w/ Italian Dip	Egg Fried Rice & Granola Bites	Cheese Quesadilla
Week VI	Monday, May 15, 2023	Tuesday, May 16, 2023	Wednesday, May 17, 2023	Thursday, May 18, 2023	Friday, May 19, 2023
Hot Meal	Brunch Lunch	BBQ Chicken Drumstick	Cheeseburger	Spicy Chicken Fritters w/ Ranch Dip	Build Your Own Cheesy Nachos
	Buttermilk Pancakes	Fresh Bakery Rolls	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	Pizza Crunchers & Italian Dip	Creamy Mac & Cheese & Vanilla Wafers	Garden Cheeseburger	Cheese Quesadilla	Warm Cheesy Nachos
Week I	Monday, May 22, 2023	Tuesday, May 23, 2023	Wednesday, May 24, 2023	Thursday, May 25, 2023	Friday, May 26, 2023
Hot Meal	Creamy Mac & Cheese	All Beef Hot Dog	Crunchy Chicken Tender Wrap	Meatball Sub w/Mozzarella	Sweet & Sour Chicken
	Cinnamon Grahams	WG Bun, Ketchup & Mustard	WG Tortilla, Chicken Tenders	Vanilla Wafers	Steamed Seasoned Brown Rice
	Assorted Salad Bar	Cool Ranch Doritos	Shred Cheese, Boom Sauce	Baby Carrots & Dip	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	100% Fruit Juice Box & Choice Milk	Fortune Cookie & Choice Milk
Hot Veg	Stuffed Breadsticks w/ Sauce	Grilled Cheese Sandwich	Smothered Veg Patty & WG Rolls	Pizza Quesadilla	Creamy Mac & Cheese & Bakery Roll
Week II	Monday, May 29, 2023	Tuesday, May 30, 2023	Wednesday, May 31, 2023	Chef Spotlight - Steve Schnaser - Finance Coordinator	
Hot Meal	BBQ Beef Sandwich	Golden Corn Dog w/ Ketchup	Burrito Bowl	Sweet and Tangy Pickled Onions	
	Assorted Salad Bar	Assorted Salad Bar	Brown Rice topped w/Seasoned Beef	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.	
	Cinnamon Apple Slices	Chilled Pears	Shred Chz, Youza Sauce	-Steve	
	100% Fruit Juice & Choice Milk	100% Fruit Juice & Choice Milk	Assorted Salad Bar		
	Cheez-Its	Bananas & Choice Milk			
Hot Veg	BBQ Garden Burger	Grilled Cheese Sandwich	Egg Fried Rice & Cinnamon Grahams	'Pickled Red Onions' recipe is on Page 2	

*** 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.

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
	Benefits of Pickled Red Onions	Brunch Lunch	BBQ Chicken & Cheddar Chz Wrap
Hot Meal	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.	Triple Buttermilk Pancakes Homemade Berry Burst Syrup Scrambled Eggs w Cheese Assorted Salad Bar, Fresh Orange & Choice Milk, 100% Fruit Juice	WG Tortilla , BBQ Chicken Shred Cheddar Chz, Diced Red Onions & Boomba Coleslaw Assorted Salad Bar Strawberry Bites, Large Crisp Apple & Choice Milk
Hot Veg		Buttermilk Pancakes & Syrup w/Scrambled Eggs	Cheese Quesadilla

Week III	Monday, June 5, 2023	Tuesday, June 6, 2023	Wednesday, June 7, 2023	Thursday, June 8, 2023	Friday, June 9, 2023
	Buffalo Chicken Nuggets	Sheet Pan Chicken	Good Ole Fashioned Hamburger	Beef Pretzel Dog w/ Ketchup	Chicken Enchilada Crunch
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 Flamas Bananas & Choice Milk	Assorted Salad Bar Fresh Orange Mixed Berry Crackers 100% Fruit Juice & Choice Milk	Corn Chips, Shred Cheese Assorted Salad Bar Large Crisp Apple Cinnamon Grahams & Choice Milk
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	Grilled Cheese Sandwich	Mozzarella Pinwheel	Stuffed Breadsticks w/ Sauce

* 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.