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This institution is an equal opportunity provider

Growing up, I was a for of almost any ware cooked, but called think of, except or transformations, if dire seems to mind them when they ware cooked, but caller, raw transformations, if addres them when they ware cooked, but caller, raw transformation of theses, basil, gait is, and basil them, if addres the intervent the series, or the combination of theses, basil, gait is, and balance this, dire angle to intervent ware this dire regulariy and it has been the intervent ware this dire regulary and it has been the intervent ware this dire regulary and it has been the intervent ware this dire regulary and it has been the intervent ware this dire regulary and it has been the intervent ware this dire regulary and it has been the intervent ware th		une 2023 Parnassus Preparatory 3 p : 9-12 Grades		Meal : Lunch	Meal Pattern : NSLP	
dirowing up, juos a fan of almost any usgetablefrit you could think of score for any score function of a correct score with the method and the guidenty and is has become a serie of consets of the function of a correct score and the guidenty and is has become a serie function of a correct score and the guident of a score function of a correct score and and the score of the function of a correct score and the guident of a score function of a score score and series of the score of the score function of a score score and the score and series of the score of the score function of a score score and series of the score of the score function of a score score score of the score function of the score score of the score function of the score score of the score function of the score score scor	Week II	Chef	Spotlight - Katie Fairbanks - Integrator	/ COO	Thursday, June 1, 2023	Friday, June 2, 2023
Hu Mu			Italian Caprese Salad		Brunch Lunch	BBQ Chicken & Cheddar Chz Wra
were a complete give different 2 dors, After years of a control and a Lichan were statuble and Analys and Serve Serve Were Method Serve Serve Serve Method Method Serve Serve Were Method Serve Serve Serve Method Serve Serve Serve Method Serve Serve Serve Serve Serve Method Serve		Growing up, I was a fan of almost any vegetable/fruit you could think of, except for			Triple Buttermilk Pancakes	WG Tortilla , BBQ Chicken
Perfectly. In any case, I was hooked. I make this dish regularly and it has become a family favorite even with my 10 months day after in the secone a family favorite even with my 10 months day after in the secone a family favorite even with my 10 months day after in the secone a family favorite even with my 10 months day after in the secone a family favorite even with my 10 months day after in the secone a family favorite even with my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone a family favorite even with even my 10 months day after in the secone after in the secone a family favorite even my 10 months day after in the secone a family favorite even my 10 months day after in the secone after in the secone a family favorite even my 10 months day after in the secone a family favorite even my 10 months day after in the secone a family favorite even my 10 months day after in the secone a family favorite even my 10 months day after in the secone a family favorite even my 10 months day after in	Hot Meal	were a completely different story. After years of avoiding them, I decided to give them			Homemade Berry Burst Syrup	Shred Cheddar Chz, Diced Red Onions Boomba Coleslaw
Instruction Conservation Conservation </td <td></td> <td>perfectly. In any case, I wa</td> <td>as hooked. I make this dish reg</td> <td>Scrambled Eggs w Cheese</td> <td>Assorted Salad Bar</td>		perfectly. In any case, I wa	as hooked. I make this dish reg	Scrambled Eggs w Cheese	Assorted Salad Bar	
Interface Called Prison		family favo			Strawberry Bites, Large Crisp Apple & Choice Milk	
Buffalo Chicken Nuggets Sheet Pan Chicken Cood Ole Fashioned Hamburger Beef Pretzel Dog u/ Ketchup Kenchup Stearned Banue Rice W/ Polek Pornhi, Lea Lattuce, HetCilluo Ausanted Saled Bar Ausanted	Hot Veg		'Caprese Salad' recipe is on Page 2			
Kenchup Streamed Brown Rice w/ Pickle Rounds, Led Letture, Reichup Joorted Salad Bar Hot Meal Assorted Salad Bar & 100% Fruit Jule Assorted Salad Bar Investore Salad Bar Sweet Chil Doritos Chilled Pears & 100% Fruit Jule Assorted Salad Bar Investore Salad Bar Hot Meal Freih Melon Cubes & Cholice Milk Fortune Cookie & Cholice Milk 100% Fruit Jule & Cholice Milk 100% Fruit Jule & Cholice Milk Hot Wag Cheese Hot Pocket u/ Italian Dip Cheese Quesalill Crilled Cheese Sandauch Mozzardla Phruheet Hot Wag Monday, June 12, 2023 Tuesday, June 13, 2023 Wednesday, June 14, 2023 Thursday, June 15, 2023 Freasy, June 16, 2025 Hot Wag Monday, June 19, 2023 Tuesday, June 20, 2023 Wednesday, June 21, 2023 Thursday, June 22, 2023 Freasy, June 23, 2025 Hot Meal Monday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Freasy, June 30, 2023 Week VI Monday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Freasy, June 30, 2023	Week III	Monday, June 5, 2023	Tuesday, June 6, 2023	Wednesday, June 7, 2023	Thursday, June 8, 2023	Friday, June 9, 2023
Marchange Streame and Accounted Salad Bar Accounted Salad Bar Accounted Salad Bar Accounted Salad Bar Accounted Salad Bar Freeh Orange Montany Someet Chill Doritos Chilled Peans & 100% Fruit Juscie Flammas Lamon Cripps Method Someet Chill Doritos Chilled Peans & 100% Fruit Juscie Flammas Lamon Cripps Method Someet Chill Doritos Fortume Coole & Choice Milk Accounted Salad Bar 100% Fruit Julere & Choice Milk Method Cheese Hot Pocket u/ Halan Dip Cheese Quesadilla Gorified Cheese Sanduxch Montage Week IV Monday, June 12, 2023 Tuesday, June 13, 2023 Wednesday, June 14, 2023 Thursday, June 15, 2023 Friday, June 16, 2023 Mott Meal Monday, June 19, 2023 Tuesday, June 20, 2023 Wednesday, June 21, 2023 Thursday, June 22, 2023 Friday, June 23, 2023 Hot Meal Menday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Friday, June 20, 2023 Hot Meal Menday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Friday, June 30, 2023 Week VI Menday, June 26, 2023 Tuesday, June 27, 20		Buffalo Chicken Nuggets	Sheet Pan Chicken	Good Ole Fashioned Hamburger	Beef Pretzel Dog w/ Ketchup	
Instrume Child Presr & 200% Fruit Juice Flamas Isman Crips Hot Veg Cheese Hot Pocket w/Italian Dip Cheese Quesadilis Critiled Cheese Sandwich Mozzaretia Pinuhees Week V Monday, Juine 12, 2023 Tuesclay, Juine 13, 2023 Weednesclay, Juine 14, 2023 Thursday, Juine 15, 2023 Friday, Juine 16, 2023 Hot Veg Monday, Juine 19, 2023 Tuesclay, Juine 20, 2023 Weednesclay, Juine 21, 2023 Trunsday, Juine 22, 2023 Friday, Juine 16, 2023 Hot Veg Monday, Juine 19, 2023 Tuesclay, Juine 20, 2023 Weednesclay, Juine 21, 2023 Thursday, Juine 22, 2023 Friday, Juine 23, 2023 Week V Monday, Juine 19, 2023 Tuesclay, Juine 20, 2023 Weednesclay, Juine 21, 2023 Thursday, Juine 22, 2023 Friday, Juine 23, 2023 Hot Veg Monday, Juine 26, 2023 Tuesclay, Juine 27, 2023 Weednesclay, Juine 28, 2023 Thursday, Juine 28, 2023 Friday, Juine 20, 2023 Hot Veg Monday, Juine 26, 2023 Tuesclay, Juine 27, 2023 Weednesclay, Juine 28, 2023 Thursday, Juine 29, 2023 Friday, Juine 30, 2023		Ketchup	Steamed Brown Rice		Assorted Salad Bar	
Instruction Presh Medion Cubes & Choice Millit Fortune Cookie & Choice Millit DOWS Fruit Juice & Choice Millit Mozzaralla Plinumbeet Hot Vag Cheese Hot Pocket uur Italian Dip Cheese Quesadilits Grilled Cheese Sanduuch Mozzaralla Plinumbeet Week IV Monday, June 12, 2023 Tuesday, June 13, 2023 Weednesday, June 14, 2023 Thursday, June 15, 2023 Friday, June 16, 2023 Hot Meal Hot Wag Hot Meal Hot Meal <	Hot Meal	Assorted Salad Bar & 100% Fruit Juice	Assorted Salad Bar	Assorted Salad Bar	Fresh Orange	
Hot Vog Cheese Hot Pocket uv/ Italian Dip Cheese Quesadilia Grilled Cheese Sanduck Mozzarella Pinumeet Week IV Monday, June 12, 2023 Tuesday, June 13, 2023 Wednesday, June 14, 2023 Thursday, June 15, 2023 Priday, June 16, 2023 Hot Meal Hot Vog Harve a Wonderful Summer! Harve a Wonderful Summer! Priday, June 23, 2023 Priday, June 23, 2023 Priday, June 23, 2023 Week V Monday, June 19, 2023 Tuesday, June 20, 2023 Wednesday, June 21, 2023 Thursday, June 22, 2023 Priday, June 23, 2023 Hot Vog Monday, June 19, 2023 Tuesday, June 20, 2023 Wednesday, June 21, 2023 Thursday, June 22, 2023 Priday, June 23, 2023 Hot Meal Hot Vog Monday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Priday, June 30, 2023 Hot Meal Hot Meal Interdev, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Priday, June 30, 2023 Hot Meal Interdev, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Priday, June 30, 2023		Sweet Chili Doritos	Chilled Pears & 100% Fruit Juice	Flamas	Lemon Crisps	
Week IV Monday, June 12, 2023 Tuesday, June 13, 2023 Wednesday, June 14, 2023 Thursday, June 15, 2023 Friday, June 16, 2023 Hot Meal Have a Wonderful Summer! Hot Veg Monday, June 19, 2023 Tuesday, June 20, 2023 Wednesday, June 21, 2023 Thursday, June 22, 2023 Friday, June 23, 2023 Week V Monday, June 19, 2023 Tuesday, June 20, 2023 Wednesday, June 21, 2023 Thursday, June 22, 2023 Friday, June 23, 2023 Hot Meal Hot Veg Monday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Friday, June 30, 2023 Hot Meal Hot Meal Hot Meal Friday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Friday, June 30, 2023		Fresh Melon Cubes & Choice Milk	Fortune Cookie & Choice Milk	Bananas & Choice Milk	100% Fruit Juice & Choice Milk	
Hot Meal Hot Meal Hot Veg Week V Monday, June 19, 2023 Tuesday, June 20, 2023 Wednesday, June 21, 2023 Thursday, June 22, 2023 Friday, June 23, 2023 Hot Meal Hot Veg Week VI Monday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Friday, June 30, 2023 Hot Meal Hot Meal	Hot Veg	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	Grilled Cheese Sandwich	Mozzarella Pinwheel	
Have a Wonderful Summer! Hot Veg Week V Monday, June 19, 2023 Tuesday, June 20, 2023 Wednesday, June 21, 2023 Thursday, June 22, 2023 Friday, June 23, 2023 Hot Meal Hot Veg Week VI Monday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Friday, June 30, 2023 Hot Meal	Week IV	Monday, June 12, 2023	Tuesday, June 13, 2023	Wednesday, June 14, 2023	Thursday, June 15, 2023	Friday, June 16, 2023
Week V Monday, June 19, 2023 Tuesday, June 20, 2023 Wednesday, June 21, 2023 Thursday, June 22, 2023 Friday, June 23, 2023 Hot Meal Hot Veg Nonday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Friday, June 30, 2023 Hot Meal Hot Meal Hot Meal Hot Meal Friday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Friday, June 30, 2023	Hot Meal		Hav	ve a Wonderful Sumi	ner!	
Hot Meal Hot Veg Week VI Monday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Friday, June 30, 2023 Hot Meal			Hav	ve a Wonderful Sumi	ner!	
Hot Veg Week VI Monday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Friday, June 30, 2023 Hot Meal	Hot Veg	Monday June 10, 2023				Eriday June 23, 2023
Hot Veg Week VI Monday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Friday, June 30, 2023 Hot Meal	Hot Veg	Monday, June 19, 2023				Friday, June 23, 2023
Week VI Monday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Friday, June 30, 2023 Hot Meal Image: Comparison of the second seco	Hot Veg Week V					Friday, June 23, 2023
Week VI Monday, June 26, 2023 Tuesday, June 27, 2023 Wednesday, June 28, 2023 Thursday, June 29, 2023 Friday, June 30, 2023 Hot Meal Image: Comparison of the second seco	Hot Veg Week V					Friday, June 23, 2023
Hot Meal	Hot Veg Week V					Friday, June 23, 2023
	Hot Veg Week V Hot Meal					Friday, June 23, 2023
	Hot Veg Week V Hot Meal Hot Veg		Tuesday, June 20, 2023	Wednesday, June 21, 2023	Thursday, June 22, 2023	
Hot Veg	Hot Veg Week V Hot Meal Hot Veg		Tuesday, June 20, 2023	Wednesday, June 21, 2023	Thursday, June 22, 2023	
Hot Veg	Hot Veg Week V Hot Meal Hot Veg	Monday, June 26, 2023	Tuesday, June 20, 2023	Wednesday, June 21, 2023	Thursday, June 22, 2023	
	Hot Veg Week V Hot Meal Hot Veg Week VI	Monday, June 26, 2023	Tuesday, June 20, 2023	Wednesday, June 21, 2023	Thursday, June 22, 2023	
	Hot Veg Week V Hot Meal Hot Veg Week VI	Monday, June 26, 2023	Tuesday, June 20, 2023	Wednesday, June 21, 2023	Thursday, June 22, 2023	



Ingredients:	Steps	Serves 4-5
	watery center of the tomato).	mall mixing bowl (avoid excess moisture by removing the
•1 ½ cups grape tomatoes, quartered.	2. Quarter the mozzarella pearls and a	
		ves from big to small, roll, and slice thinly. Add the basil to
34 cup fresh mozzarella pearls, quartered	the tomato and mozzarella mixture.	
 •2 tablespoons thinly sliced fresh basil. 	Mince garlic and add to the mixing b	powl.
•2 cloves garlic, minced.	Drizzle the mixture with balsamic vi	inaigrette.
•2 tablespoons balsamic vinaigrette	Gently mix until thoroughly combine	ed.
•Salt	7. Season with salt to taste.	
	8. Chill for 1 hour.	
	9. Stir before serving and enjoy!	
	Serve with toasted bread, crackers, or	eat a spoonful!

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July 2023 Menu (Subject to Change)

Week I	Monday, July 3, 2023	Tuesday, July 4, 2023	Wednesday, July 5, 2023	Thursday, July 6, 2023	Friday, July 7, 2023
Hot Meal	Honody, July 5, 2023	Tuesouy, July 4, 2023	Heanesbay, suy 5, Louis	1111300y, 30y 0, 2023	1100y, 50y 7, 2025
Hot Veg					
Week II	Monday, July 10, 2023	Tuesday, July 11, 2023	Wednesday, July 12, 2023		
Hot Meal				Few Main Dishes to serve with 1. Spaghetti Bolognese 2. Pasta Alla Norma 3. Layered Potato Casserole wit 4. Honey Chicken with Balsami 5. Caprese Panini Sandwich	h Sausage

Hot Veg