

Name : June 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 II	Chef Spotlight - Katie Fairbanks - Integrator/ COO			Thursday, June 1, 2023	Friday, June 2, 2023
Hot Meal	Italian Caprese Salad			Brunch Lunch	BBQ Chicken & Cheddar Chz Wrap
	<p>Growing up, I was a fan of almost any vegetable/fruit you could think of, except for tomatoes. I didn't seem to mind them when they were cooked, but cold, raw tomatoes were a completely different story. After years of avoiding them, I decided to give them another chance in the form of a caprese salad. Either my tastebuds had changed over the years, or the combination of cheese, basil, garlic, and balsamic masked the tomatoes perfectly. In any case, I was hooked. I make this dish regularly and it has become a family favorite even with my 10 month old daughter! -Katie</p>			Triple Buttermilk Pancakes	WG Tortilla , BBQ Chicken
Hot Veg	'Caprese Salad' recipe is on Page 2			Homemade Berry Burst Syrup	Shred Cheddar Chz, Diced Red Onions & Boomba Coleslaw
				Scrambled Eggs w Cheese	Assorted Salad Bar
				Assorted Salad Bar, Fresh Orange & Choice Milk, 100% Fruit Juice	Strawberry Bites, Large Crisp Apple & Choice Milk
				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
Hot Meal	Buffalo Chicken Nuggets	Sheet Pan Chicken	Good Ole Fashioned Hamburger	Beef Pretzel Dog w/ Ketchup	
	Ketchup	Steamed Brown Rice	w/ Pickle Rounds, Leaf Lettuce, Ketchup & Mustard	Assorted Salad Bar	
	Assorted Salad Bar & 100% Fruit Juice	Assorted Salad Bar	Assorted Salad Bar	Fresh Orange	
	Sweet Chili Doritos	Chilled Pears & 100% Fruit Juice	Flamas	Lemon Crisps	
Fresh Melon Cubes & Choice Milk	Fortune Cookie & Choice Milk	Bananas & Choice Milk	100% Fruit Juice & Choice Milk		
Hot Veg	Cheese Hot Pocket w/ Italian Dip	Cheese Quesadilla	Grilled Cheese Sandwich	Mozzarella Pinwheel	
Week IV	Monday, June 12, 2023	Tuesday, June 13, 2023	Wednesday, June 14, 2023	Thursday, June 15, 2023	Friday, June 16, 2023
Hot Meal	<i>Have a wonderful Summer!</i>				
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 Veg					

*** 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.

CAPRESE SALAD

Ingredients:	Steps	Serves 4-5
<ul style="list-style-type: none"> •1 ½ cups grape tomatoes, quartered. •¾ cup fresh mozzarella pearls, quartered •2 tablespoons thinly sliced fresh basil. •2 cloves garlic, minced. •2 tablespoons balsamic vinaigrette •Salt 	<ol style="list-style-type: none"> 1. Quarter tomatoes and place into a small mixing bowl (avoid excess moisture by removing the watery center of the tomato). 2. Quarter the mozzarella pearls and add to the tomatoes. 3. Chiffonade basil by stacking the leaves from big to small, roll, and slice thinly. Add the basil to the tomato and mozzarella mixture. 4. Mince garlic and add to the mixing bowl. 5. Drizzle the mixture with balsamic vinaigrette. 6. Gently mix until thoroughly combined. 7. Season with salt to taste. 8. Chill for 1 hour. 9. Stir before serving and enjoy! <p>Serve with toasted bread, crackers, or eat a spoonful!</p>	

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					
Hot Veg					

Week II	Monday, July 10, 2023	Tuesday, July 11, 2023	Wednesday, July 12, 2023	
Hot Meal				<p><i>Few Main Dishes to serve with a Caprese Salad</i></p> <ol style="list-style-type: none"> 1. Spaghetti Bolognese 2. Pasta Alla Norma 3. Layered Potato Casserole with Sausage 4. Honey Chicken with Balsamic Sauce 5. Caprese Panini Sandwich
Hot Veg				

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