

Menu Name : August 2023 Parnassus Preparatory School Breakfast Menu

Grade Level / Age Group : K-12 Grades

Meal Pattern : NSLP

Meal: Breakfast

Chef Spotlight		Tuesday, August 1, 2023	Wednesday, August 2, 2023	Thursday, August 3, 2023	Friday, August 4, 2023
Breakfast	Xeng Yang				
	Prep Tag Coordinator				
	Xeng Yang's recipe for Spicy Asian Honey Chicken Wings is on Page 2.				

		Monday, August 7, 2023	Tuesday, August 8, 2023	Wednesday, August 9, 2023	Thursday, August 10, 2023	Friday, August 11, 2023
Breakfast						

		Monday, August 14, 2023	Tuesday, August 15, 2023	Wednesday, August 16, 2023	Thursday, August 17, 2023	Friday, August 18, 2023
Breakfast						

		Monday, August 21, 2023	Tuesday, August 22, 2023	Wednesday, August 23, 2023	Thursday, August 24, 2023	Friday, August 25, 2023
Breakfast			Orange Dream Muffin (2 items)	Mini French Toast Pack (2 items)	Delicious Mini Pancake Puffs (2 items)	WG Cinnamon Swirl (2 items)
			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 (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)
<i>Chef's Choice may be offered</i>						

		Monday, August 28, 2023	Tuesday, August 29, 2023	Wednesday, August 30, 2023	Thursday, August 31, 2023	
Breakfast		Low Sugar Whole Grain Cake Donut (2 items)	WG Chocolate Chip Muffin (2 items)	Apple Frudel (2 items)	Banana Breakfast Bread (2 items)	<i>"I never had much of an interest in cooking until I was in university. But once I started cooking, I found out how much I enjoyed it. One of the first dishes that I learned how to cook was Spicy Asian Honey Chicken Wings. It's an easy to cook dish that's way too tasty for its simplicity. There are many different ways to cook this dish and it seems like everyone does it their own way"</i> - Xeng
		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 (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>						

*** Three items meet USDA Requirements (One item must be fruit) ***

Spicy Asian Honey Chicken Wings		
Ingredients	Steps	Serves 4 - 5
2 lbs of chicken wings 3 tbsp of honey 1 ½ tbsp of chili sauce 1 tsp of Dijon mustard 1 tsp of baking powder 2 tsp soy sauce 1 tsp of salt 1 tsp of black pepper 1 tsp of paprika 1 tsp of dried herbs of your choice 1 tsp of garlic powder 1 tsp of onion powder A handful of dried Chile pepper 2 tsp of dried chili flake Green onion	1. Preheat the oven to 425 degrees. 2. Combine the dry ingredients (baking powder, salt, black pepper, paprika, herbs, garlic powder, onion powder). 3. Rub them onto chicken wings. 4. Spray nonstick onto sheet pan and place chicken wings. Place the pan in the oven at 425 degrees for 30 minutes, don't forget to flip your wings mid-way through so they cook evenly. 5. Once the wings finish cooking, combine your wet ingredients in a bowl (honey, chili sauce, soy sauce, Dijon mustard). 6. In a pan, melt 1 stick of butter and add your wet ingredients. 7. Add the dried Chile pepper and the dried chili flakes to the pan and stir. 8. Once the sauce starts to bubble a little, pour it into a bowl. 9. Lastly combine your sauce with the chicken wings in a bowl. 10. Plate and add green onion as garnish.	

September 2023 Menu (Subject to Change)

		Friday, September 1, 2023	
Breakfast		* Student Favorite* Low Sugar WG Honey Bun (2 items)	Week III
		100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>			

	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023	
Breakfast	WG Cinnamon Swirl (2 items)	Banana Muffin (2 items)	* Student Favorite* Low Sugar Whole Grain Apple Fitter Bun (2 items)	Delicious Mini Pancake Bites (2 items)	* Student Favorite* Low Sugar WG Chocolate Enrobed Donut (2 items)	Week IV
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>						

	Monday, September 11, 2023		
Breakfast	Fruit Strudel (2 items)		
	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)		
<i>Chef's Choice may be offered</i>			