

Menu Name : August 2023 Parnassus Preparatory School 9-12 Grades Lunch Menu	Options Provided : Hot, Hot Vegetarian
Grade Level / Age Group : 9-12 Grades	Meal Pattern : NSLP Meal: Lunch

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

	Monday, August 7, 2023	Tuesday, August 8, 2023	Wednesday, August 9, 2023	Thursday, August 10, 2023	Friday, August 11, 2023	
Hot Meal						Week VI
Hot Veg						

	Monday, August 14, 2023	Tuesday, August 15, 2023	Wednesday, August 16, 2023	Thursday, August 17, 2023	Friday, August 18, 2023	
Hot Meal						Week I
Hot Veg						

	Monday, August 21, 2023	Tuesday, August 22, 2023	Wednesday, August 23, 2023	Thursday, August 24, 2023	Friday, August 25, 2023	
Hot Meal		"New" Asian Chicken Dumplings	Beef Burrito Bowl	Chicken & Egg Fried Rice	Turkey Pepperoni Pizza Calzone	Week II
		w/ Momo Sauce	Seasoned Beef, Cheese & Crema served on warm Seasoned Rice	Grahams	Assorted Salad Bar	
		Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Vanilla Wafers	
		Chilled Pears & 100% Fruit Juice	Bananas	Grapes Bunch & 100% Fruit Juice	Large Crisp Varietal Apple	
Hot Veg		Pizza Crunchers	Cheesy Pull Aparts	French Pizza Bread	Grilled Cheese Sandwich	
		Choice Milk	Choice Milk	Choice Milk	Choice Milk	

	Monday, August 28, 2023	Tuesday, August 29, 2023	Wednesday, August 30, 2023	Thursday, August 31, 2023	
Hot Meal	Spicy Chicken Tenders & Dip	Greek Nachos	"New" Smoky Texas Chicken Drumstick	CKC Sweet & Sour Meatballs	"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 dish 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" - Xeng
	Hot Cheetos	Seasoned Meat, Corn Tortilla Chips	WG Dinner Roll & Sweet Chili Doritos	Seasoned Rice	
	Assorted Salad Bar	Tatziki Sauce & Cholula	Assorted Salad Bar	Assorted Salad Bar	
	Pineapple Tidbits	Assorted Salad Bar & Chilled Pears	Bananas	Grapes Bunch	
Hot Veg	Veggie Hot Pocket & Sauce	Cheese Nachos	Veggie Quesadilla	Dipping Bites w/ Sauce	
	100% Fruit Juice & Choice Milk	Chat Snax, 100% Fruit Juice & Choice Milk	Choice Milk	100% Fruit Juice & Choice Milk	

*** Hot Veg meals are served with vegetables, fruit of the day & milk.

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
Hot Meal		Garlic Dusted French Bread Pizza Italian Dip Assorted Salad Bar Large Crisp Varietal Apple Choice Milk Cheesy Pull Aparts
	Hot Veg	