

Menu Name : September 2023 Parnassus Preparatory School Grades K-8 Lunch Menu	Options Provided : Hot, Hot Vegetarian
Grade Level / Age Group : K-8 Grades	Meal Pattern : NSLP      Meal: Lunch

<b>Hot Meal</b>	<b>Chef Spotlight</b>				Friday, September 1, 2023
	<i>JOSEPH SWINNEY - SUMMER CAMP OPERATIONS MANAGER</i>				<b>Garlic Dusted French Bread Pizza</b>
	Chicken Salad Sandwich				Italian Dip
	<i>One of my Family favorites for springtime would be my Chicken Salad recipe and its perfect for BBQ's and picnics. I have even brought some on the boat when fishing and recently I was able to make it into a vegetarian recipe by substituting lightly smashed Chickpea instead of the Chicken chunks. - Joseph</i>				Assorted Salad Bar
<b>Hot Veg</b>					Crisp Varietal Apple
					Choice Milk
					<b>Cheesy Pull Aparts</b>

<b>Hot Meal</b>	Monday, September 4, 2023	Tuesday, September 5, 2023	Wednesday, September 6, 2023	Thursday, September 7, 2023	Friday, September 8, 2023	<b>Week IV</b>
	<b>Chicken Patty Sandwich</b>	<b>"New" Korean BBQ Meatballs</b>	<b>Chicken Corn Dog</b>	<b>"New" CKC Gyro</b>	<b>Brunch Lunch</b>	
	Bakery Bun & Ketchup	Seasoned Rice	Ketchup	Greek Pita, Grilled Chicken	French Toast Sticks w/ Syrup	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	
	Pineapple Tidbits	Chilled Pears	Banana	Grapes Bunch	Crisp Varietal Apple	
Choice Milk	Choice Milk	Wafers & Choice Milk	Choice Milk	Choice Milk		
<b>Hot Veg</b>	<b>Veggie Garden Burger &amp; Mayo</b>	<b>Egg Fried Rice &amp; Grahams</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>	<b>Stuffed Breadsticks w/ Dip</b>	<b>Grilled Cheese Sandwich</b>	

<b>Hot Meal</b>	Monday, September 11, 2023	Tuesday, September 12, 2023	Wednesday, September 13, 2023	Thursday, September 14, 2023	Friday, September 15, 2023	<b>Week V</b>
	<b>Crunchy Tender Fritter Wrap</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Walking Taco</b>	<b>"New" Chicken Tikka Drumstick</b>	<b>SouthWest Chicken Empanada Hot Pocket</b>	
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	Seasoned Rice	Assorted Salad Bar	
	Cool Ranch Doritos	Assorted Salad Bar	w/ Shred Chz	Assorted Salad Bar	Crisp Varietal Apple	
	Assorted Salad Bar	Chilled Pears	Assorted Salad Bar	Grapes Bunch	Choice Milk	
Pineapple Tidbits & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk			
<b>Hot Veg</b>	<b>Cheesy Pull Aparts</b>	<b>Veggie Hot Pocket &amp; Dip</b>	<b>Bean Nachos</b>	<b>Egg Fried Rice</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>	

<b>Hot Meal</b>	Monday, September 18, 2023	Tuesday, September 19, 2023	Wednesday, September 20, 2023	Thursday, September 21, 2023	Friday, September 22, 2023	<b>Week VI</b>
	<b>Premium Chicken Nuggets w/ Youza Sauce</b>	<b>Swedish Meatballs (Homemade Gravy)</b>	<b>Enchilada Nachos</b>	<b>"New" Butter Chicken</b>	<b>Brunch Lunch</b>	
	WG Bakery Roll	Wg Dinner Roll	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce	Steamed Seasoned Rice	Buttermilk Pancakes & Syrup	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Colby Cheese Omelet	
	Pineapple Tidbits	Chilled Pears	Assorted Salad Bar	Grapes Bunch	Assorted Salad Bar	
Choice Milk	Vanilla Wafers & Choice Milk	Banana & Choice Milk	Choice Milk	Crisp Varietal Apple & Choice Milk		
<b>Hot Veg</b>	<b>Grilled Cheese Sandwich</b>	<b>Veggie Quesadilla</b>	<b>Veggie Garden Burger &amp; Mayo</b>	<b>Bean &amp; Cheese Burrito</b>	<b>French Bread Pizza</b>	

<b>Hot Meal</b>	Monday, September 25, 2023	Tuesday, September 26, 2023	Wednesday, September 27, 2023	Thursday, September 28, 2023	Friday, September 29, 2023	<b>Week I</b>
	<b>All Beef Hot Dog</b>	<b>"New" Bengali Chicken &amp; Potato Kathi Roll</b>	<b>"New" Mac &amp; Cheetos</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Twisted Cheese Stuffed Breadsticks</b>	
	WG Hot Dog Bun, Ketchup	WG Wrap, Chix & Potato Filling	<i>Cheetos in the Mac or on the Side?? You decide :)</i>	Steamed Seasoned Brown Rice	Italian Dip	
	Assorted Salad Bar	Bengali Sauce (Yogurty Chutney)	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	
	Strawberry Bites	Assorted Salad Bar	Assorted Salad Bar	Grapes Bunch	Crisp Varietal Apple	
Pineapple Tidbits & Choice Milk	Chilled Pears & Choice Milk	Banana & Choice Milk	Choice Milk	Choice Milk		
<b>Hot Veg</b>	<b>Veggie Burrito</b>	<b>Stuffed Dipping Bites w/Sauce</b>	<b>Cheese Calzone</b>	<b>Grilled Cheese Sandwich</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>	

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

### CHICKEN SALAD SANDWICH

Ingredients	Steps	Serves 2-3
<ul style="list-style-type: none"> <li>•¼ cup Mayonnaise</li> <li>•1/2lbs Chicken (chunked)</li> <li>•1 cup Grapes (halved)</li> <li>•1 Gala Apple (diced)</li> <li>•½ cup Red Onion (finely diced)</li> <li>•1/3 cup Celery (finely diced)</li> <li>•2 tablespoon Honey Mustard</li> <li>•¼ teaspoon Garlic Powder</li> <li>•1/4 teaspoon Black Pepper</li> <li>•½ teaspoon salt</li> <li>•¼ teaspoon smoked paprika</li> </ul>	<ol style="list-style-type: none"> <li>1. Break down cooked chicken into chunks.</li> <li>2. Dice apple, onion, celery, slice grapes in half.</li> <li>3. Combine everything, mix till well incorporated.</li> <li>4. Serve on croissant with lettuce.</li> </ol>	

#### October 2023 Menu (Subject to Change)

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
<b>Hot Meal</b>	<b>"New" Cool Ranch Crunch Burger.</b> <i>.(yep, we will send ketchup)</i>	<b>"New" Asian Chicken Dumplings</b>	<b>Soft Tortilla Taco</b>	<b>Chicken &amp; Egg Fried Rice</b>	<b>Turkey Pepperoni Pizza Calzone</b>	<b>Week II</b>
	Top your Burger with Cool Ranch Doritos	w/ Momo Sauce	Seasoned Beef, Chz & Crema	WG Dinner Roll	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crisp Varietal Apple	
	Pineapple Tidbits	Chilled Pears	Banana	Grapes Bunch	Choice Milk	
Choice Milk	Choice Milk	Choice Milk	Choice Milk			
<b>Hot Veg</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Pizza Crunchers</b>	<b>Cheesy Pull Aparts</b>	<b>French Pizza Bread</b>	<b>Grilled Cheese Sandwich</b>	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	
<b>Hot Meal</b>	<b>Chicken Tenders &amp; Dip</b>	<b>Greek Nachos</b>	<b>"New" Smoky Texas Chicken Drumstick</b>	<b>CKC Sweet &amp; Sour Meatballs</b>	<b>Week III</b>
	Cracker Crisps	Seasoned Meat, Corn Tortilla Chips	WG Dinner Roll	Seasoned Rice	
	Assorted Salad Bar	Tatziki Sauce	Assorted Salad Bar	Assorted Salad Bar	
	Pineapple Tidbits	Assorted Salad Bar & Chilled Pears	Banana	Grapes Bunch	
Choice Milk	Choice Milk	Grahams & Choice Milk	Choice Milk		
<b>Hot Veg</b>	<b>Veggie Hot Pocket &amp; Sauce</b>	<b>Cheese Nachos</b>	<b>Veggie Quesadilla</b>	<b>Dipping Bites w/ Sauce</b>	