

Menu Name : September 2023 Parnassus Preparatory School Grades 9-12 Lunch Menu  
Grade Level / Age Group : 9-12 Grades

Options Provided : Hot, Hot Vegetarian  
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	
				Large Crisp Varietal Apple	
				Choice Milk	
<b>Hot Veg</b>					<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>Spicy Chicken Patty Sandwich</b>	<b>"New" Korean BBQ Meatballs</b>	<b>Corn Dog</b>	<b>"New" CKC Chicken Gyro</b>	<b>Brunch Lunch</b>	
	Bakery Bun, Ketchup & Mayo	Seasoned Rice	Sriracha Ketchup	Greek Pita, Grilled Chicken	French Toast Sticks w/ Syrup	
	Sweet Chili Doritos & Assorted Salad Bar	Assorted Salad Bar	Flamas & Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Grapes Bunch	Large Crisp Varietal Apple	
100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk	100% Fruit Juice & Choice Milk	Choice Milk		
<b>Hot Veg</b>	<b>Veggie Garden Burger &amp; Mayo</b>	<b>Egg Fried Rice &amp; Strawberry Bites</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelete</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>Spicy Crunchy Tender Fritter Wrap</b>	<b>General Tso's Chicken</b>	<b>Walking Taco</b>	<b>"New" Spicy Chicken Tikka Drumstick</b>	<b>Buffalo Chicken Hot Pocket</b>	
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	Seasoned Rice	Ranch Dip	
	Cool Ranch Doritos	Assorted Salad Bar	w/ Shred Chz & Cholula	Assorted Salad Bar	Assorted Salad Bar	
	Assorted Salad Bar & Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Grapes Bunch & 100% Fruit Juice	Large Crisp Varietal Apple	
100% Fruit Juice & Choice Milk	Choice Milk	Chat Snax, Bananas & Choice Milk	Choice Milk	Choice Milk		
<b>Hot Veg</b>	<b>Cheesy Pull Aparts &amp; Doritos</b>	<b>Veggie Hot Pocket &amp; Dip</b>	<b>Bean Nachos</b>	<b>Egg Fried Rice &amp; WG Dinner Roll</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 Spicy 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>	
	Flamas	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 & 100% Fruit Juice	Assorted Salad Bar	Grapes Bunch	Assorted Salad Bar	
100% Fruit Juice & Choice Milk	Vanilla Wafers & Choice Milk	Honey Grahams, Bananas & Choice Milk	100% Fruit Juice & Choice Milk	Large 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" Bacon Boosted Mac &amp; Cheese</b>	<b>General Tso's Chicken</b>	<b>Twisted Cheese Stuffed Breadsticks</b>	
	WG Hot Dog Bun, Ketchup & Mustard	WG Wrap, Chix & Potato Filling	Spicy Alter-Ego of Macaroni & Cheese with Turkey Bacon & Jalapeno Bits	Steamed Seasoned Brown Rice	Italian Dip	
	Assorted Salad Bar	Bengali Sauce (Yogurty Chutney)	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	
	Strawberry Bites & Pineapple Tidbits	Assorted Salad Bar & Chilled Pears	WG Roll, Assorted Salad Bar	Grapes Bunch & 100% Fruit Juice	Large Crisp Varietal Apple	
100% Fruit Juice & Choice Milk	Elf Grahams, 100% Fruit Juice & Choice Milk	Bananas & 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>•¼ 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" Flama Crunch Burger.</b> <i>(yep, we will send mayo)</i>	<b>"New" Asian Chicken Dumplings</b>	<b>Beef Burrito Bowl</b>	<b>Chicken &amp; Egg Fried Rice</b>	<b>Turkey Pepperoni Pizza Calzone</b>	<b>Week II</b>
	Top your Burger with Flama Doritos	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	Assorted Salad Bar	Vanilla Wafers	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Grapes Bunch & 100% Fruit Juice	Large Crisp Varietal Apple	
	100% Fruit Juice & 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>Spicy 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>
	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	
	100% Fruit Juice & Choice Milk	Chat Snax, 100% Fruit Juice & Choice Milk	Choice Milk	100% Fruit Juice & 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>	