

Menu Name : Parnassus Preparatory School Breakfast Menu

Grade Level / Age Group : K-12 Grades

Meal Pattern : NSLP

Meal: Breakfast

**November - 2023**

		Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023	
<b>Breakfast</b>	<p><i>Murgh Kebab served with Dill/ Pine Nut Rice</i> - Steve Michalski Recipe is in Page 2</p>	<b>Strawberry Hand Pie (2 items)</b>	<b>Mini French Toast Pack (2 items)</b>	<b>* Student Favorite* Low Sugar 4 Pack Glazed Mini Breakfast Bites (2 items)</b>	<b>Week VI</b>
		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)	
<i>Chef's Choice may be offered</i>					

		Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023	
<b>Breakfast</b>		<b>WG Chocolate Swirl Breakfast Roll (2 items)</b>	<b>"New" Confetti Snackbread (2 Items)</b>	<b>WG Banana Oatmeal Breakfast Round (2 items)</b>	<b>Whole Grain Chocolate Chip Muffin (2 items)</b>	<b>Low Sugar Whole Grain Cake Donut (2 items)</b>	<b>Week I</b>
		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)	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)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>							

		Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023	
<b>Breakfast</b>		<b>WG Apple Mini Bites (2 items)</b>	<b>Orange Dream Muffin (2 items)</b>	<b>Mini French Toast Pack (2 items)</b>	<b>Delicious Mini Pancake Puffs (2 items)</b>	<b>WG Cinnamon Swirl (2 items)</b>	<b>Week II</b>
		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)	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)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>							

		Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023	
<b>Breakfast</b>		<b>Low Sugar Whole Grain Cake Donut (2 items)</b>	<b>WG Chocolate Chip Muffin (2 items)</b>	<b>Apple Frudel (2 items)</b>	<b>Banana Breakfast Bread (2 items)</b>	<b>* Student Favorite* Low Sugar WG Honey Bun (2 items)</b>	<b>Week III</b>
		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)	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)	Choice Milk & Second Fruit (1 item each)	
<i>Chef's Choice may be offered</i>							

		Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	
<b>Breakfast</b>		<b>WG Cinnamon Swirl (2 items)</b>	<b>Banana Muffin (2 items)</b>	<b>* Student Favorite* Low Sugar Whole Grain Apple Fritter Bun (2 items)</b>	<b>Delicious Mini Pancake Bites (2 items)</b>	<b>Week IV</b>
		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) \*\*\*

### MURGH KEBAB WITH DILL/ PINE NUT RICE

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> <li>• 4lbs chicken breast cut into chunks.</li> <li>• ½ cup oil</li> <li>• 1 tbsp Butter</li> <li>• 1 tbsp Lemon Pepper</li> <li>• 1 tbsp Paprika</li> <li>• 1 whole Onion</li> <li>• 2 red peppers</li> <li>• 1-pint grape tomatoes</li> <li>• 12 metal/wood skewers</li> <li>• Rice and chicken broth (use your own taste for amount)</li> <li>• Salt</li> <li>• Fresh Dill</li> <li>• Pine Nuts</li> </ul>	<p><b>To make Dill Rice:</b></p> <ol style="list-style-type: none"> <li>1.Sauté diced onions in butter.</li> <li>2. Add rice, chicken broth and fresh dill, then simmer until tender and fragrant.</li> </ol> <p><b>To make Pine Nut Rice:</b></p> <ol style="list-style-type: none"> <li>1.Cook rice until fluffy.</li> <li>2.Sauté pine nuts in butter until golden and toss them with the cooked rice.</li> <li>3.Add salt and pepper to taste.</li> </ol> <p><b>Murgh Kebab:</b></p> <ol style="list-style-type: none"> <li>1.Marinate chicken in oil, lemon pepper, paprika for a couple hours.</li> <li>2.Place meat and veggies on skewers and grill 8-10 minutes until chicken is done.</li> <li>3.Serve with Dill/Pine Nut Rice.</li> </ol>	

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

Chef Spotlight - Steve Michalski - Procurement Support

#### Friends Are Forever

46 years ago, I walked into this small restaurant called Caravan Serai in Highland Park looking for my first job. Little did I know that it would provide life-long friendships for the Michalski and Kayoum Families. I started as a dishwasher making \$1.35/hour plus tips. I was a pretty picky eater back then but soon fell in love with this Middle Eastern Cuisine. I was soon asked to start cooking and was trained by Nancy's parents Carol and AK. I loved cooking this food and eating it. I spent many nights working at Caravan Serai and on some occasions working with my wife, 2 sisters and my mom. Even though I don't have a tandoor oven at home to cook I still make this dish on my grill and my boys love it. I hope you do!

Remember Friends are Friends Forever

-Steve

Friday, December 1, 2023

*\* Student Favorite\**  
**Low Sugar WG Chocolate Enrobed Donut (2 items)**

100% 4.23 oz Fruit Juice (1 item)

Choice Milk & Second Fruit (1 item each)

*Chef's Choice may be offered*

Breakfast

Week IV

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
<b>Breakfast</b>	<b>Fruit Strudel (2 items)</b>	<b>Apple Cinnamon Muffin (2 items)</b>	<b>Delicious Mini Pancake Bites (2 items)</b>	<b>Low Sugar WG Cinnamon Roll (2 items)</b>	<i>* Student Favorite*</i> <b>Low Sugar Whole Grain Chocolate Cake Donut (2 items)</b>
	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)	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)	Choice Milk & Second Fruit (1 item each)
	<i>Chef's Choice may be offered</i>				

Week V

	Monday, December 11, 2023	Tuesday, December 12, 2023
<b>Breakfast</b>	<b>Banana Muffin (2 items)</b>	<b>Favorite Mini Cinnis (2 items)</b>
	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)
	<i>Chef's Choice may be offered</i>	

Week VI