

Menu Name : 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

November - 2023

		Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023	
Hot Meal	<p>Murgh Kebab served with Dill/ Pine Nut Rice - Steve Michalski Recipe is on Page 2</p>	<p>Enchilada Nachos Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce Assorted Salad Bar Honey Grahams, Bananas & Choice Milk</p>	<p>Butter Chicken Steamed Seasoned Rice Assorted Salad Bar Grapes Bunch 100% Fruit Juice & Choice Milk</p>	<p>Fresh Hot Delivered Pizza Assorted Salad Bar Large Crisp Varietal Apple Choice Milk</p>	Week VI
		Veggie Garden Burger & Mayo	Bean & Cheese Burrito	Fresh Hot Cheese Pizza	
Hot Veg					

		Monday, November 6, 2023	Tuesday, November 7, 2023	Wednesday, November 8, 2023	Thursday, November 9, 2023	Friday, November 10, 2023	
Hot Meal	<p>All Beef Hot Dog WG Hot Dog Bun, Ketchup & Mustard Assorted Salad Bar Strawberry Bites & Pineapple Tidbits 100% Fruit Juice & Choice Milk</p>	<p>Bengali Chicken & Potato Kathi Roll WG Wrap, Chix & Potato Filling Bengali Sauce (Yogurty Chutney) Assorted Salad Bar & Chilled Pears Elf Grahams, 100% Fruit Juice & Choice Milk</p>	<p>Mac & Cheetos <i>Cheetos in the Mac or on the Side?? You decide :)</i> Assorted Salad Bar Bananas & Choice Milk</p>	<p>Sweet & Sour Chicken Steamed Seasoned Brown Rice Assorted Salad Bar Grapes Bunch & 100% Fruit Juice Choice Milk</p>	<p>Fresh Hot Delivered Pizza Assorted Salad Bar Large Crisp Varietal Apple Choice Milk</p>	Week I	
		Veggie Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone	Grilled Cheese Sandwich		Fresh Hot Cheese Pizza
Hot Veg							

		Monday, November 13, 2023	Tuesday, November 14, 2023	Wednesday, November 15, 2023	Thursday, November 16, 2023	Friday, November 17, 2023	
Hot Meal	<p>Cool Ranch Crunch Burger..(yep, we will send Top your Burger with Cool Ranch Doritos Assorted Salad Bar Pineapple Tidbits 100% Fruit Juice & Choice Milk</p>	<p>Asian Chicken Dumplings w/ Momo Sauce Assorted Salad Bar Chilled Pears & 100% Fruit Juice Choice Milk</p>	<p>Beef Burrito Bowl Seasoned Beef, Rice, Chz & Crema Assorted Salad Bar Bananas Choice Milk</p>	<p>Chicken & Egg Fried Rice Grahams Assorted Salad Bar Grapes Bunch & 100% Fruit Juice Choice Milk</p>	<p>Fresh Hot Delivered Pizza Assorted Salad Bar Large Crisp Varietal Apple Choice Milk</p>	Week II	
		Bean & Cheese Burrito	Pizza Crunchers	Cheesy Pull Aparts	French Pizza Bread		Fresh Hot Cheese Pizza
Hot Veg							

		Monday, November 20, 2023	Tuesday, November 21, 2023	Wednesday, November 22, 2023	Thursday, November 23, 2023	Friday, November 24, 2023	
Hot Meal	<p>Chicken Tenders & Dip Cracker Crisps Assorted Salad Bar Pineapple Tidbits 100% Fruit Juice & Choice Milk</p>	<p>Greek Nachos Seasoned Meat, Corn Tortilla Chips Tatziki Sauce & Cholula Assorted Salad Bar & Chilled Pears Chat Snax, 100% Fruit Juice & Choice Milk</p>	<p>Smoky Texas Chicken Drumstick WG Dinner Roll & Sweet Chili Doritos Assorted Salad Bar Bananas Choice Milk</p>	<p>CKC Sweet & Sour Meatballs Seasoned Rice Assorted Salad Bar Grapes Bunch 100% Fruit Juice & Choice Milk</p>	<p>Fresh Hot Delivered Pizza Assorted Salad Bar Large Crisp Varietal Apple Choice Milk</p>	Week III	
		Veggie Hot Pocket & Sauce	Bean Taco Wrap	Veggie Quesadilla	Dipping Bites w/ Sauce		Fresh Hot Cheese Pizza
Hot Veg							

		Monday, November 27, 2023	Tuesday, November 28, 2023	Wednesday, November 29, 2023	Thursday, November 30, 2023	
Hot Meal	<p>Golden Chicken Patty Sandwich Bakery Bun, Ketchup & Mayo Flamas & Assorted Salad Bar Pineapple Tidbits 100% Fruit Juice & Choice Milk</p>	<p>Korean BBQ Meatballs Seasoned Rice & Fresh Green Onions Assorted Salad Bar Chilled Pears & 100% Fruit Juice Choice Milk</p>	<p>Corn Dog Ketchup Wafers & Assorted Salad Bar Bananas Choice Milk</p>	<p>CKC Chicken Gyro Greek Pita, Grilled Chicken Assorted Salad Bar Grapes Bunch 100% Fruit Juice & Choice Milk</p>	Week IV	
		Veggie Garden Burger & Mayo	Grilled Cheese Sandwich	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelete		Stuffed Breadsticks w/ Dip
Hot Veg						

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

MURGH KEBAB WITH DILL/ PINE NUT RICE

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

December 2023 Menu (Subject to Change)

Chef Spotlight - Steve Michalski - Procurement Support		Friday, December 1, 2023
Hot Meal	<p><i>Friends Are Forever</i></p> <p>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</p>	<p>Fresh Hot Delivered Pizza</p> <p>Assorted Salad Bar</p> <p>Large Crisp Varietal Apple</p> <p>Choice Milk</p>
		<p>Fresh Hot Cheese Pizza</p>
Hot Veg	-Steve	

	Monday, December 4, 2023	Tuesday, December 5, 2023	Wednesday, December 6, 2023	Thursday, December 7, 2023	Friday, December 8, 2023
Hot Meal	Crunchy Tender Roll-up	Sweet & Sour Chicken	Walking Taco	Chicken Tikka Drumstick	Fresh Hot Delivered Pizza
	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 & Cholula	Assorted Salad Bar	Large Crisp Varietal Apple
	Assorted Salad Bar & Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Grapes Bunch & 100% Fruit Juice	Choice Milk
Hot Veg	Cheesy Pull Aparts & Doritos	Veggie Hot Pocket & Dip	Bean Taco Wrap	Cheese Quesadilla	Fresh Hot Cheese Pizza

	Monday, December 11, 2023	Tuesday, December 12, 2023
Hot Meal	Premium Chicken Nuggets w/ Youza Sauce	Swedish Meatballs (Homemade Gravy)
	Flamas	Wg Dinner Roll
	Assorted Salad Bar	Assorted Salad Bar
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice
Hot Veg	Grilled Cheese Sandwich	Veggie Quesadilla