

Menu Name : Parnassus Preparatory School Breakfast Menu

Grade Level / Age Group : K-12 Grades

Meal Pattern : NSLP

Meal: Breakfast

October - 2023

	Monday, October 2, 2023	Tuesday, October 3, 2023	Wednesday, October 4, 2023	Thursday, October 5, 2023	Friday, October 6, 2023	
Breakfast	WG Apple Mini Bites (2 items)	Orange Dream Muffin (2 items)	Mini French Toast Pack (2 items)	Delicious Mini Pancake Puffs (2 items)	WG Cinnamon Swirl (2 items)	Week II
	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, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 2023	
Breakfast	Low Sugar Whole Grain Cake Donut (2 items)	WG Chocolate Chip Muffin (2 items)	Apple Frudel (2 items)	Banana Breakfast Bread (2 items)	<i>* Student Favorite*</i> Low Sugar WG Honey Bun (2 items)	Week III
	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, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
Breakfast	WG Cinnamon Swirl (2 items)	Banana Muffin (2 items)	<i>* Student Favorite*</i> Low Sugar Whole Grain Apple Fritter Bun (2 items)	Delicious Mini Pancake Bites (2 items)	<i>* Student Favorite*</i> Low Sugar WG Chocolate Enrobed Donut (2 items)	Week IV
	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, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023	
Breakfast	Fruit Strudel (2 items)	Apple Cinnamon Muffin (2 items)	Delicious Mini Pancake Bites (2 items)	Low Sugar WG Cinnamon Roll (2 items)	<i>* Student Favorite*</i> Low Sugar Whole Grain Chocolate Cake Donut (2 items)	Week V
	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, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight			
Breakfast	Banana Muffin (2 items)	Favorite Mini Cinnis (2 items)	Dave Kayoum - Director of Business Development <i>Tuna & Peas on Buttered Saltines</i>		Week VI	
	100% 4.23 oz Fruit Juice (1 item)	100% 4.23 oz Fruit Juice (1 item)	<i>My wife and I literally grew up in the same neighborhood. I love that my wife always asks my mom how to make my favorite recipes. My children and I have loved the tradition of family recipes! I continue to make this simple favorite meal to this day. It is one of my favorite 'Go-to' meals and I think it will remain a family tradition for my children and theirs. I love the stories I have gotten to share with my kids when making a family traditional recipe. It's best to spend time with your kids reminiscing about fond best food memories while making and teaching them how to make something so simple and full of tradition. - Dave</i>			
	Choice Milk & Second Fruit (1 item each)	Choice Milk & Second Fruit (1 item each)	<i>Tuna & Peas on Buttered Saltines recipe is on Page 2</i>			
<i>Chef's Choice may be offered</i>						

*** Three items meet USDA Requirements (One item must be fruit) ***

TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> • 2 Cups Cold Milk • ¼ Cup White Flour • 2 TBLS Salted Butter • 2 Cans Tuna, packed in water • 1 Cup Frozen Thawed sweet Green Peas • Ground Black Pepper • Saltine Crackers • Butter 	<ol style="list-style-type: none"> 1. Preparing White sauce: On low heat, melt 2 TBLS butter. Whisk ½ cup of white flour into the cold milk till smooth (slurry). Add the slurry slowly to the melted butter and stir on medium heat till sauce thickens. Turn heat down to low. 2. Flaking Tuna: Open and drain water from the tuna cans as best as you can. Dump tuna out into a bowl. Grasp a handful of tuna and rub it between your palms, like you are trying to warm your hands. This is called flaking tuna. It fluffs the tuna up. Don't over flake, but rub palms together about 10 times into a bowl. 3. Add tuna and peas to white sauce and heat on low till 165. 4. While all is heating in saucepan, butter your saltines. Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite ! 	

November 2023 Menu (Subject to Change)

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023	
Breakfast	Strawberry Hand Pie (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Mini French Toast Pack (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	<i>* Student Favorite*</i> Low Sugar 4 Pack Glazed Mini Breakfast Bites (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Week VI
	<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	
Breakfast	WG Chocolate Swirl Breakfast Roll (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Cinnamon Crumble Top Breakfast Loaf (2 Items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	WG Banana Oatmeal Breakfast Round (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Whole Grain Chocolate Chip Muffin (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Low Sugar Whole Grain Cake Donut (2 items) 100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit (1 item each)	Week I
	<i>Chef's Choice may be offered</i>					