

Menu Name : Parnassus Preparatory School Grades K-8 Lunch Menu	Options Provided : Hot & Hot Veg
Grade Level / Age Group : 6-8 Grades	Meal Pattern : NSLP Meal: Lunch

**October - 2023**

	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..(yep, we will send ketchup)</b>	<b>"New" Asian Chicken Dumplings</b>	<b>Beef Burrito Bowl</b>	<b>Chicken &amp; Egg Fried Rice</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Week II</b>
	Top your Burger with Cool Ranch Doritos	w/ Momo Sauce	Seasoned Beef, Rice, Chz & Crema	Grahams	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crisp Varietal Apple	
	Pineapple Tidbits & Choice Milk	Chilled Pears	Banana	Grapes Bunch	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>Fresh Hot Cheese Pizza</b>	

	Monday, October 9, 2023	Tuesday, October 10, 2023	Wednesday, October 11, 2023	Thursday, October 12, 2023	Friday, October 13, 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>Fresh Hot Delivered Pizza</b>	<b>Week III</b>
	Cracker Crisps	Seasoned Meat, Corn Tortilla Chips	WG Dinner Roll	Seasoned Rice	Assorted Salad Bar	
	Assorted Salad Bar	Tatziki Sauce	Assorted Salad Bar	Assorted Salad Bar	Crisp Varietal Apple	
	Pineapple Tidbits	Assorted Salad Bar & Chilled Pears	Banana	Grapes Bunch	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>	<b>Fresh Hot Cheese Pizza</b>	

	Monday, October 16, 2023	Tuesday, October 17, 2023	Wednesday, October 18, 2023	Thursday, October 19, 2023	Friday, October 20, 2023	
<b>Hot Meal</b>	<b>Chicken Patty Sandwich</b>	<b>"New" Korean BBQ Meatballs</b>	<b>Chicken Corn Dog</b>	<b>"New" CKC Gyro</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Week IV</b>
	Bakery Bun & Ketchup	Seasoned Rice	Ketchup	Greek Pita, Grilled Chicken	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	
<b>Hot Veg</b>	<b>Veggie Garden Burger &amp; Mayo</b>	<b>Grilled Cheese Sandwich</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>	<b>Stuffed Breadsticks w/ Dip</b>	<b>Fresh Hot Cheese Pizza</b>	

	Monday, October 23, 2023	Tuesday, October 24, 2023	Wednesday, October 25, 2023	Thursday, October 26, 2023	Friday, October 27, 2023	
<b>Hot Meal</b>	<b>Crunchy Tender Fritter Wrap</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Walking Taco</b>	<b>"New" Chicken Tikka Drumstick</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Week V</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	
<b>Hot Veg</b>	<b>Cheesy Pull Aparts</b>	<b>Veggie Hot Pocket &amp; Dip</b>	<b>Bean Nachos</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>	

	Monday, October 30, 2023	Tuesday, October 31, 2023	Chef Spotlight		
<b>Hot Meal</b>	<b>Premium Chicken Nuggets w/ Youza Sauce</b>	<b>Swedish Meatballs (Homemade Gravy)</b>	<b>Dave Kayoum - Director of Business Development</b> <i>Tuna &amp; Peas on Buttered Saltines</i>		<b>Week VI</b>
	WG Bakery Roll	Wg Dinner Roll	<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 favorites '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>		
	Assorted Salad Bar	Assorted Salad Bar			
	Pineapple Tidbits	Chilled Pears			
<b>Hot Veg</b>	<b>Grilled Cheese Sandwich</b>	<b>Veggie Quesadilla</b>	<i>Tuna &amp; Peas on Buttered Saltines recipe is on Page 2</i>		

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

### TUNA & PEAS ON BUTTERED SALTINES

Ingredients	Steps	Serves 4
<ul style="list-style-type: none"> <li>•2 Cups Cold Milk</li> <li>•¼ Cup White Flour</li> <li>•2 TBLS Salted Butter</li> <li>•2 Cans Tuna, packed in water</li> <li>•1 Cup Frozen Thawed Sweet Green Peas</li> <li>•Ground Black Pepper</li> <li>•Saltine Crackers</li> <li>•Butter</li> </ul>	<ol style="list-style-type: none"> <li>1. <b>Preparing White sauce:</b> 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.</li> <li>2. <b>Flaking Tuna:</b> 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.</li> <li>3. <b>Add tuna and peas to white sauce and heat on low till 165.</b></li> <li>4. <b>While all is heating in saucepan, butter your saltines.</b> Once mixture is hot, pour over buttered saltine and sprinkle black ground pepper on top. Bon Appetite !</li> </ol>	

November 2023 Menu (Subject to Change)

	Wednesday, November 1, 2023	Thursday, November 2, 2023	Friday, November 3, 2023		
Hot Meal	<p><i>While this recipe is incredibly simple, it was a Kayoum family tradition that my grandmother used to make for her five daughters. This yummy comfort meal was common in my mom's family when she grew up and became a nostalgic favorite of mine and my siblings when we grew up. It is a favorite in my home and a true comfort food meal.</i></p>	<b>Enchilada Nachos</b> Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce Assorted Salad Bar Banana & Choice Milk	<b>"New" Butter Chicken</b> Steamed Seasoned Rice Assorted Salad Bar Grapes Bunch Choice Milk	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Crisp Varietal Apple Choice Milk	Week VI
		<b>Veggie Garden Burger &amp; Mayo</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Fresh Hot Cheese Pizza</b>	
Hot Veg					

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