

Menu Name : Parnassus Preparatory School Grades 9-12 Lunch Menu	Options Provided : Hot & Hot Vegetarian
Grade Level / Age Group : 9-12 Grades	Meal Pattern : NSLP Meal: Lunch
December - 2023	

	What's Cooking in CKC?	Friday, December 1, 2023
Hot Meal	<i>We cook everyday :) But below dishes are what we cooked, tasted and loved, so much that we add to your menu, this month.</i>	Fresh Hot Delivered Pizza
	Hot Italian Sub – 'All Beef' meatballs cooked in a homemade Marinara sauce, topped with Shredded Cheese, served in Italian Sub style. Sticky Drumstick – Sweet and Sticky, garlic-soy glazed chicken leg.	
Hot Veg		Fresh Hot Cheese Pizza

	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	Fresh Orange & 100% Fruit Juice	Choice Milk
Hot Veg	Cheesy Pull Aparts & Doritos	Pizza Crunchers	Bean Taco Wrap	Cheese Quesadilla	Fresh Hot Cheese Pizza

	Monday, December 11, 2023	Tuesday, December 12, 2023	Wednesday, December 13, 2023	Thursday, December 14, 2023	Friday, December 15, 2023
Hot Meal	Premium Chicken Nuggets w/ Youza Sauce	Hot Italian Sub	Fritos Enchilada Nachos	Butter Chicken	Fresh Hot Delivered Pizza
	Flamas	'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun	Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce	Steamed Seasoned Rice	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Varietal Apple
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Fresh Orange	Choice Milk
Hot Veg	Grilled Cheese Sandwich	French Bread Pizza	Veggie Garden Burger & Mayo	Bean & Cheese Burrito	Fresh Hot Cheese Pizza

	Monday, December 18, 2023	Tuesday, December 19, 2023	Wednesday, December 20, 2023	Thursday, December 21, 2023	Friday, December 22, 2023
Hot Meal	All Beef Hot Dog	CKC Sticky Drumstick	Mac & Cheetos	Sweet & Sour Chicken	Fresh Hot Delivered Pizza
	WG Hot Dog Bun, Ketchup & Mustard	Wheat Thins & Wg Roll	<i>Cheetos in the Mac or on the Side?? You decide :)</i>	Steamed Seasoned Brown Rice	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Varietal Apple
	Strawberry Bites & Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Fresh Orange & 100% Fruit Juice	Choice Milk
Hot Veg	Veggie Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone	Grilled Cheese Sandwich	Fresh Hot Cheese Pizza

	Monday, December 25, 2023	Tuesday, December 26, 2023	Wednesday, December 27, 2023	Thursday, December 28, 2023	Friday, December 29, 2023
Hot Meal	Cool Ranch Crunch Burger..(yep, we will send ketchup)	Asian Chicken Dumplings	Beef Burrito Bowl	Chicken & Egg Fried Rice	Fresh Hot Delivered Pizza
	Top your Burger with Cool Ranch Doritos	Teriyaki Dipping Sauce	Seasoned Beef, Rice, Chz & Crema	Wafers	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Large Crisp Varietal Apple
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Fresh Orange & 100% Fruit Juice	Choice Milk
Hot Veg	Bean & Cheese Burrito	Egg Fried Rice & Grahams	Cheesy Pull Aparts	French Pizza Bread	Fresh Hot Cheese Pizza

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

January 2024 Menu (Subject to Change)

	Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024	
Hot Meal	Chicken Tenders & Dip	Classic Hamburger	Smoky Texas Chicken Drumstick	Greek Nachos	Fresh Hot Delivered Pizza	Week III
	Cracker Crisps	Wg Bun, Ketchup	WG Dinner Roll & Sweet Chili Doritos	Seasoned Meat, Corn Tortilla Chips	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Tatziki Sauce	Large Crisp Varietal Apple	
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Assorted Salad Bar & Fresh Orange	Choice Milk	
	100% Fruit Juice & Choice Milk	Sun Chips & Choice Milk	Choice Milk	Chat Snax, 100% Fruit Juice & Choice Milk		
Hot Veg	Veggie Hot Pocket & Sauce	Veggie Garden Burger	Veggie Quesadilla	Dipping Bites w/ Sauce	Fresh Hot Cheese Pizza	
	Monday, January 8, 2024	Tuesday, January 9, 2024	Wednesday, January 10, 2024	Thursday, January 11, 2024		
Hot Meal	Golden Chicken Patty Sandwich	Mongolian Meatballs	Corn Dog	Chicken Tinga Wrap		Week IV
	Bakery Bun, Ketchup & Mayo	Seasoned Rice & Fresh Green Onions	Ketchup	WG Tortilla, Shred Cheese		
	Flamas & Assorted Salad Bar	Assorted Salad Bar	Wafers & Assorted Salad Bar	Coleslaw - <i>Dare you to try in your Tinga wrap :)</i>		
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Assorted Salad Bar & Fresh Orange		
	100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk	Berry Crackers, 100% Fruit Juice & Choice Milk		
Hot Veg	Veggie Garden Burger & Mayo	Pizza Calzone	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	Stuffed Breadsticks w/ Dip		