

Menu Name : Parnassus Preparatory School Breakfast Menu

Grade Level / Age Group : K-12 Grades

Meal Pattern : NSLP

Meal: Breakfast

January - 2024

Breakfast	Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024	Week III
	Low Sugar Whole Grain Cake Donut (2 items)	WG Chocolate Chip Muffin (2 items)	Apple Frudel (2 items)	Banana Breakfast Bread (2 items)	* Student Favorite* Low Sugar WG Honey Bun (2 items)	
	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)	
	Chef's Choice may be offered					
Breakfast	Monday, January 8, 2024	Tuesday, January 9, 2024	Wednesday, January 10, 2024	Thursday, January 11, 2024	Friday, January 12, 2024	Week IV
	WG Cinnamon Swirl (2 items)	Banana Muffin (2 items)	* Student Favorite* Low Sugar Whole Grain Apple Fritter Bun (2 items)	Delicious Mini Pancake Bites (2 items)	* Student Favorite* Low Sugar WG Chocolate Enrobed Donut (2 items)	
	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)	
	Chef's Choice may be offered					
Breakfast	Monday, January 15, 2024	Tuesday, January 16, 2024	Wednesday, January 17, 2024	Thursday, January 18, 2024	Friday, January 19, 2024	Week V
	Fruit Strudel (2 items)	Apple Cinnamon Muffin (2 items)	Delicious Mini Pancake Bites (2 items)	Low Sugar WG Cinnamon Roll (2 items)	* Student Favorite* Low Sugar Whole Grain Chocolate Cake Donut (2 items)	
	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)	
	Chef's Choice may be offered					
Breakfast	Monday, January 22, 2024	Tuesday, January 23, 2024	Wednesday, January 24, 2024	Thursday, January 25, 2024	Friday, January 26, 2024	Week VI
	Banana Muffin (2 items)	Favorite Mini Cinnis (2 items)	Strawberry Hand Pie (2 items)	Mini French Toast Pack (2 items)	* Student Favorite* Low Sugar 4 Pack Glazed Mini Breakfast Bites (2 items)	
	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)	
	Chef's Choice may be offered					
Breakfast	Monday, January 29, 2024	Tuesday, January 30, 2024	Wednesday, January 31, 2024	Happy New Year !		Week I
	WG Chocolate Swirl Breakfast Roll (2 items)	"New" Confetti Snackbread (2 Items)	WG Banana Oatmeal Breakfast Round (2 items)			
	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)			
	Chef's Choice may be offered					
	***	Three items meet USDA Requirements (One item must be fruit)			***	

Skim & 1% milk served daily.

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

The menus are 100% pork-free.

All rice dishes /rice products are made of whole grain brown rice.



February 2024 Menu (Subject to Change)					
Breakfast				Thursday, February 1, 2024	Friday, February 2, 2024
				Whole Grain Chocolate Chip Muffin (2 items)	Low Sugar Whole Grain Cake Donut (2 items)
				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)
				Chef's Choice may be offered	
Breakfast	Monday, February 5, 2024	Tuesday, February 6, 2024	Wednesday, February 7, 2024	Thursday, February 8, 2024	Friday, February 9, 2024
	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)
	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)
	Chef's Choice may be offered				