



Menu Name : Parnassus Preparatory School Grades K-8 Lunch Menu  
Grade Level / Age Group : 6-8 Grades

Options Provided : Hot & Hot Veg  
Meal Pattern : NSLP

Meal: Lunch

## January - 2024

	Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024	
Hot Meal	<b>Chicken Tenders &amp; Dip</b>	<b>Classic Hamburger</b>	<b>Smoky Texas Chicken Drumstick</b>	<b>Greek Nachos</b>	<b>Fresh Hot Delivered Pizza</b>	Week III
	Cracker Crisps	Wg Bun, Ketchup	WG Dinner Roll	Seasoned Beef, Corn Tortilla Chips	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Tatziki Sauce	Crisp Varietal Apple	
	Pineapple Tidbits	Chilled Pears	Banana	Assorted Salad Bar & Fresh Orange	Choice Milk	
	Choice Milk	Choice Milk	Grahams & Choice Milk	Choice Milk		
Hot Veg	<b>Cheese Hot Pocket &amp; Sauce</b>	<b>Veggie Garden Burger</b>	<b>Cheesy Quesadilla</b>	<b>Stuffed Dipping Bites/ Italian Dip</b>	<b>Fresh Hot Cheese Pizza</b>	
	Monday, January 8, 2024	Tuesday, January 9, 2024	Wednesday, January 10, 2024	Thursday, January 11, 2024	Friday, January 12, 2024	
Hot Meal	<b>Chicken Patty Sandwich</b>	<b>Mongolian Meatballs</b>	<b>Chicken Corn Dog</b>	<b>Hearty Tinga Wrap</b>	<b>Fresh Hot Delivered Pizza</b>	Week IV
	Bakery Bun & Ketchup	Seasoned Rice & Fresh Green Onions	Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	<i>Coleslaw - Dare you to try in your Tinga wrap :)</i>	Crisp Varietal Apple	
	Pineapple Tidbits	Chilled Pears	Banana	Assorted Salad Bar & Fresh Orange	Choice Milk	
	Choice Milk	Choice Milk	Wafers & Choice Milk	Berry Crackers & Choice Milk		
Hot Veg	<b>Veggie Garden Burger &amp; Mayo</b>	<b>Pizza Calzone</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>	<b>Stuffed Breadsticks w/ Dip</b>	<b>Fresh Hot Cheese Pizza</b>	
	Monday, January 15, 2024	Tuesday, January 16, 2024	Wednesday, January 17, 2024	Thursday, January 18, 2024	Friday, January 19, 2024	
Hot Meal	<b>Crunchy Tender Roll-up</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Walking Taco</b>	<b>Chicken Tikka Drumstick</b>	<b>Fresh Hot Delivered Pizza</b>	Week V
	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	Fresh Orange	Choice Milk	
	Pineapple Tidbits & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk		
Hot Veg	<b>Cheesy Pull Aparts</b>	<b>Pizza Crunchers</b>	<b>Bean Taco Wrap</b>	<b>Cheese Quesadilla</b>	<b>Fresh Hot Cheese Pizza</b>	
	Monday, January 22, 2024	Tuesday, January 23, 2024	Wednesday, January 24, 2024	Thursday, January 25, 2024	Friday, January 26, 2024	
Hot Meal	<b>Premium Chicken Nuggets w/ Youza Sauce</b>	<b>Hot Italian Sub</b>	<b>Fritos Enchilada Nachos</b>	<b>Butter Chicken</b>	<b>Fresh Hot Delivered Pizza</b>	Week VI
	WG Bakery Roll	'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	Crisp Varietal Apple	
	Pineapple Tidbits	Chilled Pears	Assorted Salad Bar	Fresh Orange	Choice Milk	
	Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk		
Hot Veg	<b>Grilled Cheese Sandwich</b>	<b>French Bread Pizza</b>	<b>Veggie Garden Burger</b>	<b>Veggie Bean Burrito</b>	<b>Fresh Hot Cheese Pizza</b>	
	Monday, January 29, 2024	Tuesday, January 30, 2024	Wednesday, January 31, 2024	<b>Happy New Year !</b>		
Hot Meal	<b>All Beef Hot Dog</b>	<b>CKC Sticky Drumstick</b>	<b>Mac &amp; Cheetos</b>			Week I
	WG Hot Dog Bun, Ketchup	Wheat Thins	<i>Cheetos in the Mac or on the Side?? You decide :)</i>			
	Assorted Salad Bar	Assorted Salad Bar				
	Strawberry Bites	Chilled Pears	Assorted Salad Bar			
	Pineapple Tidbits & Choice Milk	Choice Milk	Banana & Choice Milk	Smoky, Juicy Chicken Tinga served on a wrap, with a side of Garlic Coleslaw. We dare you to try the Tinga wrap with the Coleslaw.		
Hot Veg	<b>Veggie Bean Burrito</b>	<b>Stuffed Dipping Bites w/Sauce</b>	<b>Cheese Calzone</b>			

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

Skim &amp; 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)					
Hot Meal				Thursday, February 1, 2024	Friday, February 2, 2024
				Sweet & Sour Chicken	Fresh Hot Delivered Pizza
				Steamed Seasoned Brown Rice	Assorted Salad Bar
				Assorted Salad Bar	Crisp Varietal Apple
				Fresh Orange	Choice Milk
	Choice Milk				
Hot Veg				Grilled Cheese Sandwich	Fresh Hot Cheese Pizza

Hot Meal	Monday, February 5, 2024	Tuesday, February 6, 2024	Wednesday, February 7, 2024	Thursday, February 8, 2024	Friday, February 9, 2024
	Cool Ranch Crunch Burger.. <i>(yep, we will send ketchup)</i>	Asian Chicken Dumplings	Beef Burrito Bowl	Chicken & Egg Fried Rice	Fresh Hot Delivered Pizza
		Teriyaki Dipping Sauce	Seasoned Beef, Rice, Chz & Crema	Grahams	Assorted Salad Bar
	Top your Burger with Cool Ranch Doritos	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crisp Varietal Apple
	Assorted Salad Bar	Chilled Pears	Banana	Fresh Orange	Choice Milk
	Pineapple Tidbits & Choice Milk	Choice Milk	Choice Milk	Choice Milk	
Hot Veg	Bean & Cheese Burrito	Egg Fried Rice & Dinner Roll	Cheesy Pull Aparts	French Pizza Bread	Fresh Hot Cheese Pizza