



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
January - 2024					
Hot Meal	Monday, January 1, 2024	Tuesday, January 2, 2024	Wednesday, January 3, 2024	Thursday, January 4, 2024	Friday, January 5, 2024
	Chicken Tenders & Dip	Classic Hamburger	Smoky Texas Chicken Drumstick	Greek Nachos	Fresh Hot Delivered Pizza
	Cracker Crisps	Wg Bun, Ketchup	WG Dinner Roll & Sweet Chili Doritos	Seasoned Beef, 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	Cheese Hot Pocket & Sauce	Veggie Garden Burger	Cheesy Quesadilla	Stuffed Dipping Bites/ Italian Dip	Fresh Hot Cheese Pizza
Hot Meal	Monday, January 8, 2024	Tuesday, January 9, 2024	Wednesday, January 10, 2024	Thursday, January 11, 2024	Friday, January 12, 2024
	Golden Chicken Patty Sandwich	Mongolian Meatballs	Chicken Corn Dog	Hearty Tinga Wrap	Fresh Hot Delivered Pizza
	Bakery Bun, Ketchup & Mayo	Seasoned Rice & Fresh Green Onions	Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	Assorted Salad Bar
	Flamas & Assorted Salad Bar	Assorted Salad Bar	Wafers & Assorted Salad Bar	<i>Coleslaw - Dare you to try in your Tinga wrap :)</i>	Large Crisp Varietal Apple
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas	Assorted Salad Bar & Fresh Orange	Choice Milk
	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	Fresh Hot Cheese Pizza
Hot Meal	Monday, January 15, 2024	Tuesday, January 16, 2024	Wednesday, January 17, 2024	Thursday, January 18, 2024	Friday, January 19, 2024
	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
	100% Fruit Juice & Choice Milk	Choice Milk	Chat Snax, Bananas & Choice Milk	Choice Milk	
Hot Veg	Cheesy Pull Aparts & Doritos	Pizza Crunchers	Bean Taco Wrap	Cheese Quesadilla	Fresh Hot Cheese Pizza
Hot Meal	Monday, January 22, 2024	Tuesday, January 23, 2024	Wednesday, January 24, 2024	Thursday, January 25, 2024	Friday, January 26, 2024
	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
	100% Fruit Juice & Choice Milk	Sun Chips & Choice Milk	Honey Grahams, Bananas & Choice Milk	100% Fruit Juice & Choice Milk	
Hot Veg	Grilled Cheese Sandwich	French Bread Pizza	Veggie Garden Burger & Mayo	Veggie Bean Burrito	Fresh Hot Cheese Pizza
Hot Meal	Monday, January 29, 2024	Tuesday, January 30, 2024	Wednesday, January 31, 2024	Happy New Year !	
	All Beef Hot Dog	CKC Sticky Drumstick	Mac & Cheetos		
	WG Hot Dog Bun, Ketchup & Mustard	Wheat Thins & Wg Roll	<i>Cheetos in the Mac or on the Side?? You decide :)</i>		
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	What's Cooking in CKC? - Chicken Tinga Wrap	
	Strawberry Bites & Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas & 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	Veggie Bean Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone		

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

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)					
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	Large Crisp Varietal Apple
				Fresh Orange & 100% Fruit Juice	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
	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
	100% Fruit Juice & Choice Milk	Choice Milk	Choice Milk	Choice Milk	
Hot Veg	Bean & Cheese Burrito	Egg Fried Rice & Grahams	Cheesy Pull Aparts	French Pizza Bread	Fresh Hot Cheese Pizza