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Menu Name : Parnassus Preparatory School Breakfast Menu

Grade Level / Age Group : K-12 Grades | Meal Pattern : NSLP | Meal: Breakfast

## February - 2024

### Week I — 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*

### Week II — 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)** | **Apple Cinnamon Spread w/ Granola Bites (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*

### Week III — Breakfast

| Monday, February 12, 2024 | Tuesday, February 13, 2024 | Wednesday, February 14, 2024 | Thursday, February 15, 2024 | Friday, February 16, 2024 |
|---|---|---|---|---|
| **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*

### Week IV — Breakfast

| Monday, February 19, 2024 | Tuesday, February 20, 2024 | Wednesday, February 21, 2024 | Thursday, February 22, 2024 | Friday, February 23, 2024 |
|---|---|---|---|---|
| **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*

### Week V — Breakfast

| Monday, February 26, 2024 | Tuesday, February 27, 2024 | Wednesday, February 28, 2024 | Thursday, February 29, 2024 |
|---|---|---|---|
| **Fruit Strudel (2 items)** | **Apple Cinnamon Muffin (2 items)** | **Strawberry Boli (2 items)** | **Low Sugar WG Cinnamon Roll (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) |
| 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*

*** *Three items meet USDA Requirements (One item must be fruit)* ***

*Skim & 1% milk served daily.* *The menus are 100% pork-free.*

*All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.* *All rice dishes /rice products are made of whole grain brown rice.*



*Menu is subject to infrequent changes*

March 2024 Menu (Subject to Change)

**Week V — Breakfast**

| Friday, March 1, 2024 |
|---|
| ** Student Favorite** **Low Sugar Whole Grain Breakfast Mini Bites (2 items)**<br>100% 4.23 oz Fruit Juice (1 item)<br>Choice Milk & Second Fruit (1 item each) |
| *Chef's Choice may be offered* |

**Week VI — Breakfast**

| Monday, March 4, 2024 | Tuesday, March 5, 2024 | Wednesday, March 6, 2024 | Thursday, March 7, 2024 | Friday, March 8, 2024 |
|---|---|---|---|---|
| *"New"* **Chocolate Breakfast Spread w/ Granola Crackers (2 items)**<br>100% 4.23 oz Fruit Juice (1 item)<br>Choice Milk & Second Fruit (1 item each) | **Delicious Pancake Bites (2 items)**<br>100% 4.23 oz Fruit Juice (1 item)<br>Choice Milk & Second Fruit (1 item each) | **Banana Loaf (2 items)**<br>100% 4.23 oz Fruit Juice (1 item)<br>Choice Milk & Second Fruit (1 item each) | ** Student Favorite** **Low Sugar WG Honey Bun (2 items)**<br>100% 4.23 oz Fruit Juice (1 item)<br>Choice Milk & Second Fruit (1 item each) | ** Student Favorite** **Low Sugar Whole Grain Chocolate Cake Donut (2 items)**<br>100% 4.23 oz Fruit Juice (1 item)<br>Choice Milk & Second Fruit (1 item each) |
| *Chef's Choice may be offered* | | | | |

**Week I — Breakfast**

| Monday, March 11, 2024 | Tuesday, March 12, 2024 | Wednesday, March 13, 2024 |
|---|---|---|
| **WG Chocolate Swirl Breakfast Roll (2 items)**<br>100% 4.23 oz Fruit Juice (1 item)<br>Choice Milk & Second Fruit (1 item each) | **"New" Confetti Snackbread (2 Items)**<br>100% 4.23 oz Fruit Juice (1 item)<br>Choice Milk & Second Fruit (1 item each) | **WG Banana Oatmeal Breakfast Round (2 items)**<br>100% 4.23 oz Fruit Juice (1 item)<br>Choice Milk & Second Fruit (1 item each) |
| *Chef's Choice may be offered* | | |