



Menu Name : Parnassus Preparatory School Grades K-8 Lunch Menu	Options Provided : Hot & Hot Veg
Grade Level / Age Group : 6-8 Grades	Meal Pattern : NSLP Meal: Lunch
February - 2024	

What's Cooking in CKC?		Thursday, February 1, 2024	Friday, February 2, 2024
Hot Meal	Teriyaki Dipping Sauce - Light Teriyaki sauce, with a fresh CKC twist. A hint of sweetness and savoriness elevates the Asian Chicken Dumplings to the next level.	Sweet & Sour Chicken	Fresh Hot Delivered Pizza
	Bean & Cheese Pupusas - Thick Masa Tortillas filled with bean and cheese, tracing roots to Salvadoran Pupusas.	Steamed Seasoned Brown Rice	Assorted Salad Bar
Hot Veg	Tots & Beef Crunch - Seasoned Beef Crumble with Smashed Tater Tots served over crunchy Tostitos.	Assorted Salad Bar	Crisp Varietal Apple
		Fresh Orange	Choice Milk
		Choice Milk	
		Grilled Cheese Sandwich	Fresh Hot Cheese Pizza

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>	Brunch Lunch	Beef Burrito Bowl	Chicken & Egg Fried Rice	Fresh Hot Delivered Pizza
Top your Burger with Cool Ranch Doritos	Buttermilk Pancakes & Syrup	Seasoned Beef, Rice, Chz & Crema	Grahams	Assorted Salad Bar
Assorted Salad Bar	Colby Cheese Omelet	Assorted Salad Bar	Assorted Salad Bar	Crisp Varietal Apple
Pineapple Tidbits & Choice Milk	Assorted Salad Bar	Banana	Fresh Orange	Choice Milk
	Crisp Varietal Apple & Choice Milk	Choice Milk	Choice Milk	
Bean & Cheese Burrito	Egg Fried Rice & Dinner Roll	Cheesy Pull Aparts	French Pizza Bread	Fresh Hot Cheese Pizza

Monday, February 12, 2024	Tuesday, February 13, 2024	Wednesday, February 14, 2024	Thursday, February 15, 2024	Friday, February 16, 2024
Chicken Tenders & Dip	Bean & Cheese Pupusa	Smoky Texas Chicken Drumstick	Tots & Beef Crunch	Fresh Hot Delivered Pizza
Cracker Crisps	Boom Sauce	WG Dinner Roll	Seasoned Beef & Smashed Tater Tots served on Tostitos	Assorted Salad Bar
Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crema	Crisp Varietal Apple
Pineapple Tidbits	Chilled Pears	Banana	Assorted Salad Bar & Fresh Orange	Choice Milk
Choice Milk	Choice Milk	Grahams & Choice Milk	Choice Milk	
Cheese Hot Pocket & Sauce	Veggie Garden Burger	Cheesy Quesadilla	Stuffed Dipping Bites/ Italian Dip	Fresh Hot Cheese Pizza

Monday, February 19, 2024	Tuesday, February 20, 2024	Wednesday, February 21, 2024	Thursday, February 22, 2024	Friday, February 23, 2024
Chicken Patty Sandwich	Mongolian Meatballs	Chicken Corn Dog	Hearty Tinga Wrap	Fresh Hot Delivered Pizza
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	
Veggie Garden Burger & Mayo	Pizza Calzone	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	Stuffed Breadsticks w/ Dip	Fresh Hot Cheese Pizza

Monday, February 26, 2024	Tuesday, February 27, 2024	Wednesday, February 28, 2024	Thursday, February 29, 2024
Crunchy Tender Roll-up	Sweet & Sour Chicken	Walking Taco	Chicken Tikka Drumstick
Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	Seasoned Rice
Cool Ranch Doritos	Assorted Salad Bar	w/ Shred Chz	Assorted Salad Bar
Assorted Salad Bar	Chilled Pears	Assorted Salad Bar	Fresh Orange
Pineapple Tidbits & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk
Cheesy Pull Aparts	Pizza Crunchers	Bean Taco Wrap	Cheese Quesadilla

*** 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.

March 2024 Menu (Subject to Change)

Hot Meal	Friday, March 1, 2024				Week V
	<p>Fresh Hot Delivered Pizza</p> <p>Assorted Salad Bar</p> <p>Crisp Varietal Apple</p> <p>Choice Milk</p>				
Hot Veg	Fresh Hot Cheese Pizza				

Hot Meal	Monday, March 4, 2024		Tuesday, March 5, 2024		Wednesday, March 6, 2024		Thursday, March 7, 2024		Friday, March 8, 2024		Week VI
	Premium Chicken Nuggets w/ Youza Sauce		Hot Italian Sub		Fritos Enchilada Nachos		Butter Chicken		Fresh Hot Delivered Pizza		
	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		Assorted Salad Bar		Crisp Varietal Apple		
	Pineapple Tidbits		Chilled Pears		Assorted Salad Bar		Fresh Orange		Choice Milk		
Hot Veg	Grilled Cheese Sandwich		French Bread Pizza		Veggie Garden Burger		Veggie Bean Burrito		Fresh Hot Cheese Pizza		

Hot Meal	Monday, March 11, 2024		Tuesday, March 12, 2024		Wednesday, March 13, 2024						Week I
	All Beef Hot Dog		CKC Sticky Drumstick		Mac & Cheetos						
	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		Assorted Salad Bar						
Strawberry Bites		Chilled Pears		Assorted Salad Bar							
Pineapple Tidbits & Choice Milk		Choice Milk		Banana & Choice Milk							
Hot Veg	Veggie Bean Burrito		Stuffed Dipping Bites w/Sauce		Cheese Calzone						