



Menu Name : Parnassus Preparatory School Grades 9-12 Lunch Menu
Grade Level / Age Group : 9-12 Grades

Options Provided : Hot & Hot Vegetarian

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					
				Steamed Seasoned Brown Rice		Assorted Salad Bar					
	Bean & Cheese Pupusas - Thick Masa Tortillas filled with bean and cheese, tracing roots to Salvadoran Pupusas.			Assorted Salad Bar		Large Crisp Varietal Apple					
				Fresh Orange & 100% Fruit Juice		Choice Milk					
	Tots & Beef Crunch - Seasoned Beef Crumble with Smashed Tater Tots served over crunchy Tostitos.			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>		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		Wafers		Assorted Salad Bar		
	Assorted Salad Bar		Colby Cheese Omelet		Assorted Salad Bar		Assorted Salad Bar		Large Crisp Varietal Apple		
	Pineapple Tidbits		Assorted Salad Bar		Bananas		Fresh Orange & 100% Fruit Juice		Choice Milk		
	100% Fruit Juice & Choice Milk		Chilled Pears, 100% Fruit Juice & 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		
Hot Meal	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 & Sweet Chili Doritos		Seasoned Beef & Smashed Tater Tots served on Tostitos		Assorted Salad Bar		
	Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		Crema		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		Chat Snax, 100% Fruit Juice & Choice Milk				
Hot Veg	Cheese Hot Pocket & Sauce		Veggie Garden Burger & Wheat Thins		Cheesy Quesadilla		Stuffed Dipping Bites/ Italian Dip		Fresh Hot Cheese Pizza		
Hot Meal	Monday, February 19, 2024		Tuesday, February 20, 2024		Wednesday, February 21, 2024		Thursday, February 22, 2024		Friday, February 23, 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		Coleslaw - Dare you to try in your Tinga wrap :)		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, 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 & Cholula		Assorted Salad Bar				
	Assorted Salad Bar & Pineapple Tidbits		Chilled Pears & 100% Fruit Juice		Assorted Salad Bar		Fresh Orange & 100% Fruit Juice				
	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				
	*** Hot Veg meals are served with vegetables, fruit of the day & milk.										

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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)

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Hot Meal					Friday, March 1, 2024
					Fresh Hot Delivered Pizza Assorted Salad Bar Large Crisp Varietal Apple Choice Milk
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
	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	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, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024		
	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		
	Strawberry Bites & Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Bananas & Choice Milk		
Hot Veg	Veggie Bean Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone		