

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

March - 2024

Whats Cooking in CKC?		Friday, March 1, 2024
Hot Meal	Chicken Tamale - Authentic, soft & moist Chicken & Green Sauce Tamale.	Fresh Hot Delivered Pizza Assorted Salad Bar Large Crisp Varietal Apple Choice Milk
	southern Drumstick - Mildly Seasoned Southern style Chicken Drumstick.	
Hot Veg		Fresh Hot Cheese Pizza

	Monday, March 4, 2024	Tuesday, March 5, 2024	Wednesday, March 6, 2024	Thursday, March 7, 2024	Friday, March 8, 2024
Hot Meal	Premium Chicken Nuggets w/ Youza Sauce	Hot Italian Sub	Fritos Enchilada Nachos	<i>New</i> Authentic Chicken Tamale	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	Authentic, soft, moist Chicken & Green Sauce Tamale	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Boom Sauce	Large Crisp Varietal Apple
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Assorted Salad Bar	Choice Milk
	100% Fruit Juice & Choice Milk	Sun Chips & Choice Milk	Honey Grahams, Bananas & Choice Milk	Banana, 100% Fruit Juice & Choice Milk	
Hot Veg	Grilled Cheese Sandwich	French Bread Pizza	Veggie Garden Burger & Mayo	Veggie Bean Burrito	Fresh Hot Cheese Pizza

	Monday, March 11, 2024	Tuesday, March 12, 2024	Wednesday, March 13, 2024	Thursday, March 14, 2024	Friday, March 15, 2024
Hot Meal	All Beef Hot Dog	CKC Sticky Drumstick	Cheese Calzone	Sweet & Sour Chicken	Fresh Hot Delivered Pizza
	WG Hot Dog Bun, Ketchup & Mustard	Wheat Thins & Wg Roll	Assorted Salad Bar	Steamed Seasoned Brown Rice	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Bananas	Assorted Salad Bar	Large Crisp Varietal Apple
	Strawberry Bites & Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Choice Milk	Fresh Orange & 100% Fruit Juice	Choice Milk
	100% Fruit Juice & Choice Milk	Choice Milk	Berry Crackers	Choice Milk	
Hot Veg	Veggie Bean Burrito	Stuffed Dipping Bites w/Sauce	Cheese Calzone	Grilled Cheese Sandwich	Fresh Hot Cheese Pizza

	Monday, March 18, 2024	Tuesday, March 19, 2024	Wednesday, March 20, 2024	Thursday, March 21, 2024	Friday, March 22, 2024
Hot Meal	Cool Ranch Crunch Burger..(yep, we will send ketchup)	Brunch Lunch	Beef Burrito Bowl	Chicken & Egg Fried Rice	Fresh Hot Delivered Pizza
	Top your Burger with Cool Ranch Doritos	French Toast Sticks & Syrup	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

	Monday, March 25, 2024	Tuesday, March 26, 2024	Wednesday, March 27, 2024	Thursday, March 28, 2024	Friday, March 29, 2024
Hot Meal	Chicken Tenders & Dip	Bean & Cheese Pupusa	<i>New</i> Southern Drumstick	Tots & Beef Crunch	Fresh Hot Delivered Pizza
	Cracker Crisps	Boom Sauce	Mildly Seasoned Chicken Drumstick	Seasoned Beef & Smashed Tater Tots served on Tostitos	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	WG Dinner Roll & Sweet Chili Doritos	Crema	Large Crisp Varietal Apple
	Pineapple Tidbits	Chilled Pears & 100% Fruit Juice	Assorted Salad Bar	Assorted Salad Bar & Fresh Orange	Choice Milk
	100% Fruit Juice & Choice Milk	Choice Milk	Bananas & 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 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.

April 2024 Menu (Subject to Change)

	Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024	
Hot Meal	Golden Chicken Patty Sandwich	Mongolian Meatballs	Chicken Corn Dog	Hearty Tinga Wrap	Fresh Hot Delivered Pizza	Week IV
	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	

	Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	
Hot Meal	Crunchy Tender Roll-up	Sweet & Sour Chicken	Walking Taco	<i>New</i> Teriyaki Drumstick	Week V
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll & Strawberry Bites	
	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	