

| Menu Name : Parnassus Preparatory School Breakfast Menu |   |   |  |   |   |         |
|---|---|---|--|---|---|---------|
| Grade Level / Age Group : K-12 Grades                   |   |   | Meal Pattern : NSLP  |   | Meal: Breakfast   |         |
| April - 2024  |   |   |  |   |   |         |
| Breakfast   | Monday, April 1, 2024   | Tuesday, April 2, 2024  | Wednesday, April 3, 2024   | Thursday, April 4, 2024   | Friday, April 5, 2024   | Week IV |
|   | <b>WG Cinnamon Swirl (2 items)</b>  | <b>Banana Muffin (2 items)</b>  | <i>* Student Favorite*</i><br><b>Low Sugar Whole Grain Apple Fritter Bun (2 items)</b> | <b>Delicious Mini Pancake Bites (2 items)</b>                                     | <i>* Student Favorite*</i><br><b>Low Sugar WG Chocolate Glazed Donut (2 items)</b>        |         |
|   | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)      | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)         |         |
| <i>Chef's Choice may be offered</i>                     |   |   |  |   |   |         |
| Breakfast   | Monday, April 8, 2024   | Tuesday, April 9, 2024  | Wednesday, April 10, 2024  | Thursday, April 11, 2024  | Friday, April 12, 2024  | Week V  |
|   | <b>Fruit Strudel (2 items)</b>  | <b>Apple Cinnamon Muffin (2 items)</b>  | <b>Strawberry Boli (2 items)</b>   | <b>Low Sugar WG Cinnamon Roll (2 items)</b>                                       | <i>* Student Favorite*</i><br><b>Low Sugar Whole Grain Breakfast Mini Bites (2 items)</b> |         |
|   | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)      | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)         |         |
| <i>Chef's Choice may be offered</i>                     |   |   |  |   |   |         |
| Breakfast   | Monday, April 15, 2024  | Tuesday, April 16, 2024   | Wednesday, April 17, 2024  | Thursday, April 18, 2024  | Friday, April 19, 2024  | Week VI |
|   | <b>Nut-Free Chocolate Breakfast Spread w/ Granola Crackers (2 items)</b>          | <b>Delicious Pancake Bites (2 items)</b>  | <b>Banana Loaf (2 items)</b>   | <i>* Student Favorite*</i><br><b>Low Sugar WG Honey Bun (2 items)</b>             | <i>* Student Favorite*</i><br><b>Low Sugar Whole Grain Chocolate Cake Donut (2 items)</b> |         |
|   | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)      | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)         |         |
| <i>Chef's Choice may be offered</i>                     |   |   |  |   |   |         |
| Breakfast   | Monday, April 22, 2024  | Tuesday, April 23, 2024   | Wednesday, April 24, 2024  | Thursday, April 25, 2024  | Friday, April 26, 2024  | Week I  |
|   | <b>WG Chocolate Swirl Breakfast Roll (2 items)</b>                                | <b>Confetti Snackbread (2 Items)</b>  | <b>WG Banana Oatmeal Breakfast Round (2 items)</b>                                     | <b>Whole Grain Chocolate Chip Muffin (2 items)</b>                                | <b>Low Sugar Whole Grain Cake Donut (2 items)</b>   |         |
|   | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)      | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each)         |         |
| <i>Chef's Choice may be offered</i>                     |   |   |  |   |   |         |
| Breakfast   | Monday, April 29, 2024  | Tuesday, April 30, 2024   |  |   |   | Week II |
|   | <b>WG Apple Mini Bites (2 items)</b>  | <b>Orange Dream Muffin (2 items)</b>  |  |   |   |         |
|   | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) | 100% 4.23 oz Fruit Juice (1 item)<br><br>Choice Milk & Second Fruit (1 item each) |  |   |   |         |
| <i>Chef's Choice may be offered</i>                     |   |   |  |   |   |         |

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



| May 2024 Menu (Subject to Change)   |  |   |   |  |   |
|-------------------------------------|--|---|---|--|---|
| <b>Breakfast</b>                    | Wednesday, May 1, 2024   |   | Thursday, May 2, 2024                         |  | Friday, May 3, 2024   |
|                                     | <b>Nut-Free Apple Cinnamon Spread w/ Granola Bites (2 items)</b> |   | <b>Delicious Mini Pancake Puffs (2 items)</b> |  | <b>WG Cinnamon Swirl (2 items)</b>                                    |
|                                     | 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)                              |
| <i>Chef's Choice may be offered</i> |  |   |   |  |   |
| <b>Breakfast</b>                    | Monday, May 6, 2024  | Tuesday, May 7, 2024                      | Wednesday, May 8, 2024                        | Thursday, May 9, 2024                    | Friday, May 10, 2024  |
|                                     | <b>Low Sugar Whole Grain Cake Donut (2 items)</b>                | <b>WG Chocolate Chip Muffin (2 items)</b> | <b>Apple Frudel (2 items)</b>                 | <b>Banana Breakfast Bread (2 items)</b>  | <i>* Student Favorite*</i><br><b>Low Sugar WG Honey Bun (2 items)</b> |
|                                     | 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)                              |
|                                     | <i>Chef's Choice may be offered</i>                              |   |   |  |   |

Week II

Week III