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



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		Wednesday, May 1, 2024 Nut-Free Apple Cinnamon	Thursday, May 2, 2024	Friday, May 3, 2024
		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) Choice Milk & Second Fruit	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit	100% 4.23 oz Fruit Juice (1 item) Choice Milk & Second Fruit
		(1 item each)	(1 item each)	(1 item each)
		Chef's Choice may be offered		
Monday, May 6, 2024	Tuesday, May 7, 2024	Wednesday, May 8, 2024	Thursday, May 9, 2024	Friday, May 10, 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)