



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
<b>April - 2024</b>	

	Monday, April 1, 2024	Tuesday, April 2, 2024	Wednesday, April 3, 2024	Thursday, April 4, 2024	Friday, April 5, 2024	
<b>Hot Meal</b>	<b>Cheeseburger</b>	<b>BYO Waffle Sliders</b>	<b>Corn Dog</b>	<b>Hearty Tinga Wrap</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Week IV</b>
	Bakery Bun & Ketchup	Build Sliders with Mini Belgium Waffles & Turkey Sausage Patties & Dunk them in Syrup	WG Chicken Corn Dog served w/ Ketchup	WG Tortilla, Chicken Tinga & Shred Chz	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	Assorted Salad Bar	Banana	Assorted Salad Bar & Fresh Orange	Choice Milk	
	Chili Doritos & Choice Milk	Chilled Pears & Choice Milk	Wafers & Choice Milk	Choice Milk		
<b>Hot Veg</b>	<b>Veggie Garden Cheeseburger</b>	<b>Pizza Calzone</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>	<b>Stuffed Breadsticks w/ Dip</b>	<b>Fresh Hot Cheese Pizza</b>	

	Monday, April 8, 2024	Tuesday, April 9, 2024	Wednesday, April 10, 2024	Thursday, April 11, 2024	Friday, April 12, 2024	
<b>Hot Meal</b>	<b>Crunchy Tender Roll-up</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Walking Taco</b>	<b>Teriyaki Drumstick</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Week V</b>
	Wg Tortilla, Chix Tenders, Boom Sauce	Steamed Seasoned Rice	Nacho Chz Doritos, Seasoned Beef	WG Bakery Roll	Assorted Salad Bar	
	Cool Ranch Doritos	Assorted Salad Bar	w/ Shred Chz	Assorted Salad Bar	Crisp Varietal Apple	
	Assorted Salad Bar	Chilled Pears	Assorted Salad Bar	Fresh Orange	Choice Milk	
	Pineapple Tidbits & Choice Milk	Choice Milk	Banana & Choice Milk	Choice Milk		
<b>Hot Veg</b>	<b>Cheesy Pull Aparts</b>	<b>Pizza Crunchers</b>	<b>Cheesy Quesadilla</b>	<b>Buttermilk Pancakes w/ Syrup &amp; Colby Cheese Omelet</b>	<b>Fresh Hot Cheese Pizza</b>	

	Monday, April 15, 2024	Tuesday, April 16, 2024	Wednesday, April 17, 2024	Thursday, April 18, 2024	Friday, April 19, 2024	
<b>Hot Meal</b>	<b>Premium Chicken Nuggets w/ Youza Sauce</b>	<b>Hot Italian Sub</b>	<b>Fritos Enchilada Nachos</b>	<b>Authentic Chicken Tamale</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Week VI</b>
	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	Authentic, soft, moist Chicken & Green Sauce Tamale	Assorted Salad Bar	
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Boom Sauce	Crisp Varietal Apple	
	Pineapple Tidbits	Chilled Pears	Banana & Choice Milk	Assorted Salad Bar	Choice Milk	
	Choice Milk	Choice Milk		Fresh Orange & Choice Milk		
<b>Hot Veg</b>	<b>Grilled Cheese Sandwich</b>	<b>French Bread Pizza</b>	<b>Veggie Garden Burger</b>	<b>Veggie Bean Burrito</b>	<b>Fresh Hot Cheese Pizza</b>	

	Monday, April 22, 2024	Tuesday, April 23, 2024	Wednesday, April 24, 2024	Thursday, April 25, 2024	Friday, April 26, 2024	
<b>Hot Meal</b>	<b>Cheese Calzone</b>	<b>CKC Sticky Drumstick</b>	<b>All Beef Hot Dog</b>	<b>Golden Chicken Patty Sandwich</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Week I</b>
	Assorted Salad Bar	Wheat Thins	WG Hot Dog Bun, Ketchup	Bakery Bun & Ketchup	Assorted Salad Bar	
	Pineapple Tidbits	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Crisp Varietal Apple	
	Choice Milk	Chilled Pears	Strawberry Bites	Fresh Orange	Choice Milk	
	Choice Milk	Choice Milk	Banana & Choice Milk	Cheese Crisps & Choice Milk		
<b>Hot Veg</b>	<b>Cheese Calzone</b>	<b>Stuffed Dipping Bites w/Sauce</b>	<b>Veggie Bean Burrito</b>	<b>Grilled Cheese Sandwich</b>	<b>Fresh Hot Cheese Pizza</b>	

	Monday, April 29, 2024	Tuesday, April 30, 2024		
<b>Hot Meal</b>	<b>Cool Ranch Crunch Burger</b> <i>..(yep, we will send ketchup)</i>	<b>Brunch Lunch</b>		<b>Week II</b>
	Top your Burger with Cool Ranch Doritos	French Toast Sticks & Syrup		
	Assorted Salad Bar	Assorted Salad Bar		
	Pineapple Tidbits & Choice Milk	Chilled Pears		
	Choice Milk	Choice Milk		
<b>Hot Veg</b>	<b>Bean &amp; Cheese Burrito</b>	<b>Egg Fried Rice &amp; Dinner Roll</b>		

\*\*\* 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.

May 2024 Menu (Subject to Change)

		Wednesday, May 1, 2024	Thursday, May 2, 2024	Friday, May 3, 2024			
<b>Hot Meal</b>		<b>Beef Burrito Bowl</b>	<b>Chicken &amp; Egg Fried Rice</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Week II</b>		
		Seasoned Beef, Rice, Chz & Crema	Grahams	Assorted Salad Bar			
		Assorted Salad Bar	Assorted Salad Bar	Crisp Varietal Apple			
		Banana	Fresh Orange	Choice Milk			
		Choice Milk	Choice Milk				
Hot Veg		<b>Cheesy Pull Aparts</b>	<b>French Pizza Bread</b>	<b>Fresh Hot Cheese Pizza</b>			
		Monday, May 6, 2024	Tuesday, May 7, 2024	Wednesday, May 8, 2024	Thursday, May 9, 2024	Friday, May 10, 2024	
<b>Hot Meal</b>		<b>Chicken Tenders &amp; Dip</b>	<b>Bean &amp; Cheese Pupusa</b>	<b>Southern Drumstick</b>	<b>Tots &amp; Beef Crunch</b>	<b>Fresh Hot Delivered Pizza</b>	<b>Week III</b>
		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	Crema	Crisp Varietal Apple	
		Pineapple Tidbits	Chilled Pears	Assorted Salad Bar & Banana	Assorted Salad Bar & Fresh Orange	Choice Milk	
		Choice Milk	Choice Milk	Grahams & Choice Milk	Choice Milk		
Hot Veg	<b>Cheese Hot Pocket &amp; Sauce</b>	<b>Veggie Garden Burger</b>	<b>Cheesy Quesadilla</b>	<b>Stuffed Dipping Bites/ Italian Dip</b>	<b>Fresh Hot Cheese Pizza</b>		