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| 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 | |
| April - 2024 | | | |

| | Monday, April 1, 2024 | Tuesday, April 2, 2024 | Wednesday, April 3, 2024 | Thursday, April 4, 2024 | Friday, April 5, 2024 | |
|-----------------|--------------------------------------|---|---|---|----------------------------------|----------------|
| Hot Meal | Cheeseburger | BYO Waffle Sliders | Corn Dog | Hearty Tinga Wrap | Fresh Hot Delivered Pizza | Week IV |
| | 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> | Large Crisp Varietal Apple | |
| | Pineapple Tidbits & 100% Fruit Juice | Assorted Salad Bar | Bananas | Assorted Salad Bar & Fresh Orange | Choice Milk | |
| | Chili Doritos & Choice Milk | Chilled Pears, 100% Fruit Juice & Choice Milk | Wafers & Choice Milk | Berry Crackers, 100% Fruit Juice & Choice Milk | | |
| Hot Veg | Veggie Garden Cheeseburger | 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 | Friday, April 12, 2024 | |
|-----------------|---|----------------------------------|----------------------------------|---|----------------------------------|---------------|
| Hot Meal | Crunchy Tender Roll-up | Sweet & Sour Chicken | Walking Taco | Teriyaki Drumstick | Fresh Hot Delivered Pizza | Week V |
| | Wg Tortilla, Chix Tenders, Boom Sauce | Steamed Seasoned Rice | Nacho Chz Doritos, Seasoned Beef | WG Bakery Roll & Strawberry Bites | Assorted Salad Bar | |
| | Cool Ranch Doritos | Assorted Salad Bar | w/ Shred Chz & Cholula | Assorted Salad Bar | Large Crisp Varietal Apple | |
| | Assorted Salad Bar & Pineapple Tidbits | Chilled Pears & 100% Fruit Juice | Assorted Salad Bar | Fresh Orange & 100% Fruit Juice | Choice Milk | |
| | 100% Fruit Juice & Choice Milk | Choice Milk | Chat Snax, Bananas & Choice Milk | Choice Milk | | |
| Hot Veg | Cheesy Pull Aparts & Doritos | Pizza Crunchers | Cheesy Quesadilla | Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet | Fresh Hot Cheese Pizza | |

| | Monday, April 15, 2024 | Tuesday, April 16, 2024 | Wednesday, April 17, 2024 | Thursday, April 18, 2024 | Friday, April 19, 2024 | |
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| Hot Meal | Premium Chicken Nuggets w/ Youza Sauce | Hot Italian Sub | Fritos Enchilada Nachos | Authentic Chicken Tamale | Fresh Hot Delivered Pizza | Week VI |
| | 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, April 22, 2024 | Tuesday, April 23, 2024 | Wednesday, April 24, 2024 | Thursday, April 25, 2024 | Friday, April 26, 2024 | |
|-----------------|--------------------------------|--------------------------------------|----------------------------|--------------------------------------|----------------------------------|---------------|
| Hot Meal | Cheese Calzone | CKC Sticky Drumstick | All Beef Hot Dog | Golden Chicken Patty Sandwich | Fresh Hot Delivered Pizza | Week I |
| | Assorted Salad Bar | Wheat Thins & Wg Roll | WG Hot Dog Bun, Ketchup | Bakery Bun & Ketchup | Assorted Salad Bar | |
| | Pineapple Tidbits | Assorted Salad Bar | Assorted Salad Bar | Assorted Salad Bar | Large Crisp Varietal Apple | |
| | 100% Fruit Juice & Choice Milk | Chilled Pears & 100% Fruit Juice | Strawberry Bites | Fresh Orange & 100% Fruit Juice | Choice Milk | |
| | Mixed Berry Crackers | Choice Milk | Bananas & Choice Milk | Cheese Crisps & Choice Milk | | |
| Hot Veg | Cheese Calzone | Stuffed Dipping Bites w/Sauce | Veggie Bean Burrito | Grilled Cheese Sandwich | Fresh Hot Cheese Pizza | |

| | Monday, April 29, 2024 | Tuesday, April 30, 2024 | |
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| Hot Meal | Cool Ranch Crunch Burger..(yep, we will send ketchup) | Brunch Lunch | Week II |
| | Top your Burger with Cool Ranch Doritos | French Toast Sticks & Syrup | |
| | Assorted Salad Bar | Assorted Salad Bar | |
| | Pineapple Tidbits | Chilled Pears & 100% Fruit Juice | |
| | 100% Fruit Juice & Choice Milk | Choice Milk | |
| Hot Veg | Bean & Cheese Burrito | Egg Fried Rice & Grahams | |

*** 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 | | | |
|-----------------|---------------------------|------------------------------------|-------------------------------------|--------------------------------------|---|----------------------------------|-----------------|
| Hot Meal | | Beef Burrito Bowl | Chicken & Egg Fried Rice | Fresh Hot Delivered Pizza | Week II | | |
| | | Seasoned Beef, Rice, Chz & Crema | Wafers | Assorted Salad Bar | | | |
| | | Assorted Salad Bar | Assorted Salad Bar | Large Crisp Varietal Apple | | | |
| | | Bananas | Fresh Orange & 100% Fruit Juice | Choice Milk | | | |
| | | Choice Milk | Choice Milk | | | | |
| Hot Veg | | Cheesy Pull Aparts | French Pizza Bread | Fresh Hot Cheese Pizza | | | |
| | | Monday, May 6, 2024 | Tuesday, May 7, 2024 | Wednesday, May 8, 2024 | Thursday, May 9, 2024 | Friday, May 10, 2024 | |
| Hot Meal | | Chicken Tenders & Dip | Bean & Cheese Pupusa | Southern Drumstick | Tots & Beef Crunch | Fresh Hot Delivered Pizza | Week III |
| | | 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 | | |