



Menu Name : Parnassus Preparatory School Breakfast Menu

Grade Level / Age Group : K-12 Grades

Meal Pattern : NSLP

Meal: Breakfast

May - 2024

| | | Wednesday, May 1, 2024 | Thursday, May 2, 2024 | Friday, May 3, 2024 | | | | |
|--|--|---|---|--|---|---|-----------------|--|
| Breakfast | | New Blueberry Snack'n Waffle (2 items) | Delicious Mini Pancake Puffs (2 items) | WG Cinnamon Swirl (2 items) | Week II | | | |
| | | 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> | | | | | | | | |
| | | Monday, May 6, 2024 | Tuesday, May 7, 2024 | Wednesday, May 8, 2024 | Thursday, May 9, 2024 | Friday, May 10, 2024 | | |
| Breakfast | | New Caramel Mini Cinnis (2 items) | WG Chocolate Chip Muffin (2 items) | Apple Frudel (2 items) | Low Sugar Whole Grain Cake Donut (2 items) | * Student Favorite* Low Sugar WG Honey Bun (2 items) | Week III | |
| | | 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> | | | | | | | | |
| | | Monday, May 13, 2024 | Tuesday, May 14, 2024 | Wednesday, May 15, 2024 | Thursday, May 16, 2024 | Friday, May 17, 2024 | | |
| Breakfast | | WG Cinnamon Swirl (2 items) | Banana Muffin (2 items) | * Student Favorite* Low Sugar Whole Grain Apple Fritter Bun (2 items) | Delicious Mini Pancake Bites (2 items) | * Student Favorite* Low Sugar WG Chocolate Glazed Donut (2 items) | Week IV | |
| | | 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> | | | | | | | | |
| | | Monday, May 20, 2024 | Tuesday, May 21, 2024 | Wednesday, May 22, 2024 | Thursday, May 23, 2024 | Friday, May 24, 2024 | | |
| Breakfast | | Fruit Strudel (2 items) | Apple Cinnamon Muffin (2 items) | Banana Breakfast Bread (2 items) | Low Sugar WG Cinnamon Roll (2 items) | * Student Favorite* Low Sugar Whole Grain Breakfast Mini Bites (2 items) | Week V | |
| | | 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> | | | | | | | | |
| | | Monday, May 27, 2024 | Tuesday, May 28, 2024 | Wednesday, May 29, 2024 | Thursday, May 30, 2024 | Friday, May 31, 2024 | | |
| Breakfast | | New Confetti Snack'n Waffle (2 items) | * Student Favorite* Low Sugar Whole Grain Chocolate Cake Donut (2 items) | Mini Cinnis (2 items) | * Student Favorite* Low Sugar WG Honey Bun (2 items) | Delicious Mini Pancake Bites (2 items) | Week VI | |
| | | 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> | | | | | | | | |

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

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.



JUNE 2024 Menu (Subject to Change)

| | Monday, June 3, 2024 | Tuesday, June 4, 2024 | Wednesday, June 5, 2024 | Thursday, June 6, 2024 | Friday, June 7, 2024 |
|------------------|--|--|--|--|----------------------|
| Breakfast | WG Chocolate Swirl Breakfast Roll (2 items) | Confetti Snackbread (2 Items) | WG Banana Oatmeal Breakfast Round (2 items) | Waffle Snaps (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) | |
| | 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 1