



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

**May - 2024**

|          |  | Wednesday, May 1, 2024   |  | Thursday, May 2, 2024  |  | Friday, May 3, 2024  |  |  |  |   |  |
|----------|--|--|--|--|--|--|--|--|--|---|--|
| Hot Meal |  | <b>Beef Burrito Bowl</b>   |  | <b>Chicken &amp; Egg Fried Rice</b>  |  | <b>Fresh Hot Delivered Pizza</b>   |  | Week II  |  |   |  |
|          |  | Seasoned Beef, Rice, Chz & Crema<br>Assorted Salad Bar<br>Banana<br>Choice Milk                                      |  | Grahams<br>Assorted Salad Bar<br>Fresh Orange<br>Choice Milk   |  | Assorted Salad Bar<br>Crisp Varietal Apple<br>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                                      |  |
| Hot Meal |  | <b>Chicken Tenders &amp; Dip</b>   |  | <b>Turkey Pepperoni Calzone</b>  |  | <b>Southern Drumstick</b>  |  | <b>Cheesy Beef Nachos</b>  |  | <b>Fresh Hot Delivered Pizza</b>                          |  |
|          |  | Assorted Salad Bar<br>Pineapple Tidbits<br>Choice Milk<br>Mixed Berry Crackers                                       |  | Assorted Salad Bar<br>Chilled Pears<br>Choice Milk   |  | Mildly Seasoned Chicken Drumstick<br>WG Dinner Roll<br>Assorted Salad Bar & Banana<br>Grahams & Choice Milk                          |  | Drizzle Cheese Sauce on top of Tostitos & Seasoned Beef<br>Assorted Salad Bar<br>Fresh Orange<br>Choice Milk |  | Assorted Salad Bar<br>Crisp Varietal Apple<br>Choice Milk |  |
| Hot Veg  |  | <b>Cheese Hot Pocket &amp; Sauce</b>   |  | <b>Veggie Garden Burger</b>  |  | <b>Pizza Crunchers</b>   |  | <b>Stuffed Dipping Bites/ Italian Dip</b>  |  | <b>Fresh Hot Cheese Pizza</b>                             |  |
|          |  | Monday, May 13, 2024   |  | Tuesday, May 14, 2024  |  | Wednesday, May 15, 2024  |  | Thursday, May 16, 2024   |  | Friday, May 17, 2024                                      |  |
| Hot Meal |  | <b>Cheeseburger</b>  |  | <b>BYO Waffle Sliders</b>  |  | <b>Corn Dog</b>  |  | <b>Creamy Mac &amp; Cheese</b>   |  | <b>Fresh Hot Delivered Pizza</b>                          |  |
|          |  | Bakery Bun & Ketchup<br>Assorted Salad Bar<br>Pineapple Tidbits<br>Chili Doritos & Choice Milk                       |  | Build Sliders with Mini Belgium Waffles & Turkey Sausage Patties & Dunk them in Syrup<br>Assorted Salad Bar<br>Chilled Pears & Choice Milk |  | WG Chicken Corn Dog served w/ Ketchup<br>Assorted Salad Bar<br>Banana<br>Wafers & Choice Milk  |  | Strawberry Bites<br>Assorted Salad Bar<br>Fresh Orange<br>Choice Milk  |  | Assorted Salad Bar<br>Crisp Varietal Apple<br>Choice Milk |  |
| Hot Veg  |  | <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, May 20, 2024   |  | Tuesday, May 21, 2024  |  | Wednesday, May 22, 2024  |  | Thursday, May 23, 2024   |  | Friday, May 24, 2024                                      |  |
| Hot Meal |  | <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>                          |  |
|          |  | Wg Tortilla, Chix Tenders, Boom Sauce<br>Cool Ranch Doritos<br>Assorted Salad Bar<br>Pineapple Tidbits & Choice Milk |  | Steamed Seasoned Rice<br>Assorted Salad Bar<br>Chilled Pears<br>Choice Milk  |  | Nacho Chz Doritos, Seasoned Beef<br>w/ Shred Chz<br>Assorted Salad Bar<br>Banana & Choice Milk                                       |  | WG Bakery Roll<br>Assorted Salad Bar<br>Fresh Orange<br>Choice Milk  |  | Assorted Salad Bar<br>Crisp Varietal Apple<br>Choice Milk |  |
| Hot Veg  |  | <b>Cheesy Pull Aparts</b>  |  | <b>Pizza Crunchers</b>   |  | <b>Cheesy Quesadilla</b>   |  | <b>Sicilian Cheese Calzone</b>   |  | <b>Fresh Hot Cheese Pizza</b>                             |  |
|          |  | Monday, May 27, 2024   |  | Tuesday, May 28, 2024  |  | Wednesday, May 29, 2024  |  | Thursday, May 30, 2024   |  | Friday, May 31, 2024                                      |  |
| Hot Meal |  | <b>Premium Chicken Nuggets w/ Youza Sauce</b>  |  | <b>Hot Italian Sub</b>   |  | <b>Fritos Enchilada Nachos</b>   |  | <b>Sesame Chicken Bites</b>  |  | <b>Fresh Hot Delivered Pizza</b>                          |  |
|          |  | WG Bakery Roll<br>Assorted Salad Bar<br>Pineapple Tidbits<br>Choice Milk   |  | 'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun<br>Assorted Salad Bar<br>Chilled Pears<br>Choice Milk                        |  | Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce<br>Assorted Salad Bar<br>Banana & Choice Milk |  | Cinnamon Grahams & WG Roll<br>Assorted Salad Bar<br>Fresh Orange<br>Choice Milk                              |  | Assorted Salad Bar<br>Crisp Varietal Apple<br>Choice Milk |  |
| Hot Veg  |  | <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>                             |  |

\*\*\* 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.



| 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 |
| <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> |                      |
|                                    | Assorted Salad Bar    | Wheat Thins                          | WG Hot Dog Bun, Ketchup    | Bakery Bun & Ketchup                 |                      |
|                                    | Pineapple Tidbits     | Assorted Salad Bar                   | Assorted Salad Bar         | Assorted Salad Bar                   |                      |
|                                    | Choice Milk           | Chilled Pears                        | Strawberry Bites           | Fresh Orange                         |                      |
|                                    | Choice Milk           | Choice Milk                          | Banana & Choice Milk       | Cheese Crisps & Choice Milk          |                      |
| Hot Veg                            | <b>Cheese Calzone</b> | <b>Stuffed Dipping Bites w/Sauce</b> | <b>Veggie Bean Burrito</b> | <b>Grilled Cheese Sandwich</b>       |                      |

Week 1