



Menu Name : Parnassus Preparatory School Grades 9-12 Lunch Menu
Grade Level / Age Group : 9-12 Grades

Options Provided : Hot & Hot Vegetarian
Meal Pattern : NSLP Meal: Lunch

May - 2024

		Wednesday, May 1, 2024	Thursday, May 2, 2024	Friday, May 3, 2024			
Hot Meal		Beef Burrito Bowl Seasoned Beef, Rice, Chz & Crema Assorted Salad Bar Bananas Choice Milk	Chicken & Egg Fried Rice Wafers Assorted Salad Bar Fresh Orange & 100% Fruit Juice Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Large Crisp Varietal Apple Choice Milk	Week II		
	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 Animal Crackers Assorted Salad Bar Pineapple Tidbits 100% Fruit Juice & Choice Milk	Turkey Pepperoni Calzone Assorted Salad Bar Chilled Pears 100% Fruit Juice Choice Milk	Southern Drumstick Mildly Seasoned Chicken Drumstick WG Dinner Roll & Sweet Chili Doritos Assorted Salad Bar Bananas & Choice Milk	Cheesy Beef Nachos Drizzle Cheese Sauce on top of Tostitos & Seasoned Beef Assorted Salad Bar & Fresh Orange Chat Snax 100% Fruit Juice & Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Large Crisp Varietal Apple Choice Milk	Week III
	Hot Veg	Cheese Hot Pocket & Sauce	Veggie Garden Burger & Wheat Thins	Pizza Crunchers	Stuffed Dipping Bites/ Italian Dip	Fresh Hot Cheese Pizza	
		Monday, May 13, 2024	Tuesday, May 14, 2024	Wednesday, May 15, 2024	Thursday, May 16, 2024	Friday, May 17, 2024	
Hot Meal		Cheeseburger Bakery Bun & Ketchup Assorted Salad Bar Pineapple Tidbits & 100% Fruit Juice Chili Doritos & Choice Milk	BYO Waffle Sliders Build Sliders with Mini Belgium Waffles & Turkey Sausage Patties & Dunk them in Syrup Assorted Salad Bar Chilled Pears, 100% Fruit Juice & Choice Milk	Corn Dog WG Chicken Corn Dog served w/ Ketchup Assorted Salad Bar Bananas Wafers & Choice Milk	Turkey Bacon Boosted Mac & Cheese Strawberry Bites Assorted Salad Bar Fresh Orange & 100% Fruit Juice Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Large Crisp Varietal Apple Choice Milk	Week IV
	Hot Veg	Veggie Garden Cheeseburger	Pizza Calzone	Buttermilk Pancakes w/ Syrup & Colby Cheese Omelet	Stuffed Breadsticks w/ Dip	Fresh Hot Cheese Pizza	
		Monday, May 20, 2024	Tuesday, May 21, 2024	Wednesday, May 22, 2024	Thursday, May 23, 2024	Friday, May 24, 2024	
Hot Meal		Crunchy Tender Roll-up Wg Tortilla, Chix Tenders, Boom Sauce Cool Ranch Doritos Assorted Salad Bar & Pineapple Tidbits 100% Fruit Juice & Choice Milk	Sweet & Sour Chicken Steamed Seasoned Rice Assorted Salad Bar Chilled Pears & 100% Fruit Juice Choice Milk	Walking Taco Nacho Chz Doritos, Seasoned Beef w/ Shred Chz & Cholula Assorted Salad Bar Chat Snax, Bananas & Choice Milk	Teriyaki Drumstick WG Bakery Roll & Strawberry Bites Assorted Salad Bar Fresh Orange & 100% Fruit Juice Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Large Crisp Varietal Apple Choice Milk	Week V
	Hot Veg	Cheesy Pull Aparts & Doritos	Pizza Crunchers	Cheesy Quesadilla	Sicilian Cheese Calzone	Fresh Hot Cheese Pizza	
		Monday, May 27, 2024	Tuesday, May 28, 2024	Wednesday, May 29, 2024	Thursday, May 30, 2024	Friday, May 31, 2024	
Hot Meal		Premium Chicken Nuggets w/ Youza Sauce Flamas Assorted Salad Bar Pineapple Tidbits 100% Fruit Juice & Choice Milk	Hot Italian Sub 'All Beef' Marinara Meatballs & Shred Cheese served on WG Bun Assorted Salad Bar Chilled Pears & 100% Fruit Juice Sun Chips & Choice Milk	Fritos Enchilada Nachos Top your Fritos corn chips with Delicious Enchilada chicken, Shred Cheese & Boom Sauce Assorted Salad Bar Honey Grahams, Bananas & Choice Milk	Sesame Chicken Bites Cinnamon Grahams & WG Roll Assorted Salad Bar Fresh Orange & 100% Fruit Juice Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Large Crisp Varietal Apple Choice Milk	Week VI
	Hot Veg	Grilled Cheese Sandwich	French Bread Pizza	Veggie Garden Burger & Mayo	Veggie Bean Burrito	Fresh Hot Cheese Pizza	

*** 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
Hot Meal	Cheese Calzone	CKC Sticky Drumstick	All Beef Hot Dog	Golden Chicken Patty Sandwich
	Assorted Salad Bar	Wheat Thins & Wg Roll	WG Hot Dog Bun, Ketchup	Bakery Bun & Ketchup
	Pineapple Tidbits	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar
	100% Fruit Juice & Choice Milk	Chilled Pears & 100% Fruit Juice	Strawberry Bites	Fresh Orange & 100% Fruit Juice
	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

Week 1