

Nourishing bodies, minds and cultures.

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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			
<b>AUGUST - 2024</b>					
<b>Hot Meal</b>			Thursday, August 1, 2024	Friday, August 2, 2024	
Hot Veg					
<b>Week III</b>					
<b>Hot Meal</b>	Monday, August 5, 2024	Tuesday, August 6, 2024	Wednesday, August 7, 2024	Thursday, August 8, 2024	Friday, August 9, 2024
Hot Veg					
<b>Week IV</b>					
<b>Hot Meal</b>			Thursday, August 15, 2024	Friday, August 16, 2024	
Hot Veg					
<b>Week V</b>					
<b>Hot Meal</b>			Thursday, August 22, 2024	Friday, August 23, 2024	
			<b>Spicy Chicken Patty Sandwich</b> WG Bun & Ketchup Assorted Salad Bar Fresh Watermelon Cubes Hot Cheetos, 100% Fruit Juice Box & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Large Crisp Varietal Apple Choice Milk	
Hot Veg			<i>Grilled Cheese Sandwich</i>	<i>Fresh Hot Cheese Pizza</i>	
<b>Week VI</b>					
<b>Hot Meal</b>	Monday, August 26, 2024	Tuesday, August 27, 2024	Wednesday, August 28, 2024	Thursday, August 29, 2024	Friday, August 30, 2024
	<b>CKC Chef's Texas Burger w/American Cheese Slice</b> WG Ranch Crackers Assorted Salad Bar Applesauce Cup 100% Fruit Juice Box & Choice Milk	<b>General Tso Chicken</b> Steamed Brown Rice Assorted Salad Bar Chilled Fruit Cocktail 100% Fruit Juice Box & Choice Milk	<b>All Beef Hot Dog</b> WG Hot Dog Bun & Ketchup Assorted Salad Bar Bananas Vanilla Wafers & Choice Milk	<b>Brunch Lunch</b> French Toast Sticks w/ Syrup Assorted Salad Bar Fresh Watermelon Cubes 100% Fruit Juice Box & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Large Crisp Varietal Apple Choice Milk
Hot Veg	<i>Vegetarian Croissant Sandwich</i>	<i>Pizza Crunchers</i>	<i>Cheese Hot Pocket w/ Dipping Sauce</i>	<i>Veggie &amp; Cheese Lasagna w/ Grahams</i>	<i>Fresh Hot Cheese Pizza</i>
<b>Week I</b>					

\*\*\* Hot Vegetarian 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.