

AUGUST 2025

TASTY

HEALTHY

FUN

VARIETY

BALANCED

Name of the menu :Parnassus Preparatory School Grades 5-8 Lunch Menu

Options : Hot& Hot Vegetarian Meals

Grade : K-8 Grades

Meal Pattern : NSLP

					Friday, 8/1/2025
Week I	HOT MEAL				
	HOT VEG				
					Friday, 8/1/2025
Week II	HOT MEAL	Monday, 8/4/2025	Tuesday, 8/5/2025	Wednesday, 8/6/2025	Thursday, 8/7/2025
	HOT VEG				
Week III	HOT MEAL	Monday, 8/11/2025	Tuesday, 8/12/2025	Wednesday, 8/13/2025	Thursday, 8/14/2025
	HOT VEG				
Week IV	HOT MEAL	Monday, 8/18/2025	Tuesday, 8/19/2025	Wednesday, 8/20/2025	Thursday, 8/21/2025
	HOT VEG				
Week V	HOT MEAL	Monday, 8/25/2025	Tuesday, 8/26/2025	Wednesday, 8/27/2025	Thursday, 8/28/2025
	HOT VEG				

Hot meals and Hot Vegetarian meals are served with vegetables, fruit of the day & milk.

Skim & 1% milk served daily.

This menu is 100% pork-free.

This menu uses WG products and 100% full-strength juices in all featured places. Check page 2 to know more about what goes into our menus and to take a peek at the upcoming menu plan.

WHAT GOES INTO OUR MENUS?

All bread /bread products /chips /tortillas /pastas listed in the menu are whole grain products.

All rice dishes /rice products are made of whole grain brown rice.

All juices listed in the menu are 100% full-strength fruit Juice.

(Menu Subject to Change)					
SEPTEMBER 2025					
	TASTY	HEALTHY	FUN	VARIETY	BALANCED
	Monday, 9/1/2025	Tuesday, 9/2/2025	Wednesday, 9/3/2025	Thursday, 9/4/2025	Friday, 9/5/2025
Week VI	Fun Brunch	Classic Hamburger	Chicken Tender Wrap	Top-n-Go Cheez Taco	Fresh Hot Delivered Pizza
	Mini Maple Pancake Chicken Wraps w/ Syrup PC	WG Bun , Pickles & Ketchup	Chicken Tenders, WG Tortilla, Ranch, Shred Lettuce & Shred Cheese	Cheez-Its Bag, Seasoned Beef Taco	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Fill with Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Mild Salsa	Daily Fruit
	Daily Fruit	Daily Fruit & Choice Milk	Daily Fruit	Assorted Salad Bar & Daily Fruit	Choice Milk
	Choice Milk	Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie	Choice Milk	Choice Milk	
HOT VEG	Buttermilk Pancakes & Omelet w/ Syrup	Cheese Bites w/ Italian Dip	Pizza Crunchers	Top-n-Go Cheez Egg Scramble Taco	Fresh Hot Cheese Pizza
	Monday, 9/8/2025	Tuesday, 9/9/2025	Wednesday, 9/10/2025	Thursday, 9/11/2025	Friday, 9/12/2025
Week I	Roasted Chicken Drumstick	Brunch Lunch	Beef Pretzel Dog	Asian Chicken Noodle Bowl	Fresh Hot Delivered Pizza
	Mashed Potatoes & WG Roll	French Toast Sticks w/ Syrup	Served with Ketchup	Sesame Chicken on Mongolian Noodles	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit
	Daily Fruit	Daily Fruit	Daily Fruit & Choice Milk	Daily Fruit	Choice Milk
	Choice Milk	Choice Milk	Yahoo! Special Chips Day! Baked Cheetos	Choice Milk	
HOT VEG	Chz Breadsticks w/ Italian Dip	Grilled Cheese Sandwich	Three Cheese Corn Enchilada	French Bread	Fresh Hot Cheese Pizza
	Monday, 9/15/2025	Tuesday, 9/16/2025	Wednesday, 9/17/2025	Thursday, 9/18/2025	Friday, 9/19/2025
Week II	All Beef Hot Dog	Twin Faves Day	Beef Taco	Chicken & Egg Fried Rice	Fresh Hot Delivered Pizza
	Hot Dog Bun, Ketchup	Chicken Nuggets w/ Ketchup	Seasoned Beef Taco, WG Tortilla	Assorted Salad Bar	Assorted Salad Bar
	Assorted Salad Bar	Mac & Cheese	Fill the taco with Shred Cheddar Cheese & Salsa	Daily Fruit	Daily Fruit
	Daily Fruit & Choice Milk	Assorted Salad Bar	Assorted Salad Bar	Choice Milk	Choice Milk
	Hooray! Special Chips Day! Cool Ranch Doritos	Daily Fruit & Choice Milk	Daily Fruit & Choice Milk		
HOT VEG	Cheese Quesadilla	Mac & Cheese Bites w/ Ranch	Veggie Garden Nuggets w/ Ketchup & WG Roll	Pizza Egg Rolls	Fresh Hot Cheese Pizza
	Monday, 9/22/2025	Tuesday, 9/23/2025	Wednesday, 9/24/2025	Thursday, 9/25/2025	Friday, 9/26/2025
Week III	Premium Chicken Patty Sandwich	Fun Brunch	Roasted Sliced Beef on Flatbread	Sweet & Sour Chicken	Fresh Hot Delivered Pizza
	WG Bun & Ketchup	Buttermilk Pancakes w/ Syrup	Sliced Beef, Lime Slaw & Swiss Cheese on Flatbread	Steamed Seasoned Rice	Assorted Salad Bar
	Assorted Salad Bar	Colby Cheese Omelet	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit
	Daily Fruit	Assorted Salad Bar	Daily Fruit	Daily Fruit	Choice Milk
	Choice Milk	Daily Fruit & Choice Milk	Choice Milk	Choice Milk	Yahoo! Special Chips Day! Nacho Cheese Doritos
HOT VEG	Veggie Garden Burger	Grilled Cheese Sandwich	Pizza Triangles	Rosy Ravioli w/ WG Roll	Fresh Hot Cheese Pizza
	Monday, 9/29/2025	Tuesday, 9/30/2025			
Week IV	Crispy Chicken Tenders	Cheeseburger			
	Ketchup & WG Roll	Bun, Chz Slice & Ketchup			
	Assorted Salad Bar	Potato Smiles			
	Daily Fruit	Assorted Salad Bar			
	Choice Milk	Daily Fruit & Choice Milk			
HOT VEG	Pizza Crunchers	French Bread			