

AUGUST 2025**TASTY****HEALTHY****FUN****VARIETY****BALANCED**

Name of the menu :Parnassus Preparatory School Grades 9-12 Lunch Menu

Options : Hot& Hot Vegetarian Meals

Grade : 9-12 Grades

Meal Pattern : NSLP

Friday, 8/1/2025

Week I	HOT MEAL	
	HOT VEG	

Monday, 8/4/2025

Tuesday, 8/5/2025

Wednesday, 8/6/2025

Thursday, 8/7/2025

Friday, 8/8/2025

Week II	HOT MEAL				
	HOT VEG				

Monday, 8/11/2025

Tuesday, 8/12/2025

Wednesday, 8/13/2025

Thursday, 8/14/2025

Friday, 8/15/2025

Week III	HOT MEAL				
	HOT VEG				

Monday, 8/18/2025

Tuesday, 8/19/2025

Wednesday, 8/20/2025

Thursday, 8/21/2025

Friday, 8/22/2025

Week IV	HOT MEAL			Pulled Chicken Taco Seasoned Pulled Chicken Taco, WG Tortilla Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Crema Cheesy Refried Beans Assorted Salad Bar, Daily Fruit, Fruit Juice & Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk
	HOT VEG			Bean & Cheese Pupusa	Fresh Hot Cheese Pizza

Monday, 8/25/2025

Tuesday, 8/26/2025

Wednesday, 8/27/2025

Thursday, 8/28/2025

Friday, 8/29/2025

Week V	HOT MEAL	Premium Chicken Nuggets Mix or Match sauce Ranch & Buffalo Sauce Potato Stix w/ Ketchup Assorted Salad Bar & Daily Fruit WG Roll, Fruit Juice & Choice Milk	Macaroni Pasta w/ Spaghetti Meatballs Marinara Meatballs served with WG Buttered Macaroni Top with Shred Mozzarella (Served on side) Assorted Salad Bar & Daily Fruit Fruit Juice & Choice Milk	Sweet & Sour Chicken Veggie Fried Rice Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk	Premium Corn Dog WG Chicken Corn Dog Served with Ketchup Assorted Salad Bar & Daily Fruit Fruit Juice & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk
	HOT VEG	Mac & Cheese Bites w/ Ranch	Cheese Quesadilla	Bean & Chz Burrito w/ Salsa	Veggie Garden Burger	Fresh Hot Cheese Pizza

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

Skim & 1% milk served daily.

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.

This menu is 100% pork-free.



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 & Hot Sauce	Daily Fruit (1 Cup Eq)
	Daily Fruit & Fruit Juice	Daily Fruit, Fruit Juice & Choice Milk	Daily Fruit (1 Cup Eq)	Assorted Salad Bar & Daily Fruit	Choice Milk
	Choice Milk	Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie	Choice Milk	Fruit Juice & 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	Breaded Chicken Drumstick	Brunch Lunch	Beef Pretzel Dog	Asian Chicken Noodle Bowl	Fresh Hot Delivered Pizza
	Mashed Potatoes	French Toast Sticks w/ Syrup	Served with Ketchup	Sesame Chicken on Mongolian Noodles	Assorted Salad Bar
	Hearty Dinner Roll w/ Butter	Soft Sweet Potato Sticks	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit (1 Cup Eq)
	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit (1 Cup Eq) & Choice Milk	Daily Fruit & Fruit Juice	Choice Milk
	Daily Fruit, Fruit Juice & Choice Milk	Daily Fruit, Fruit Juice & 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