

SEPTEMBER 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

		Monday, 9/1/2025		Tuesday, 9/2/2025		Wednesday, 9/3/2025		Thursday, 9/4/2025		Friday, 9/5/2025	
Week VI	HOT MEAL	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	HOT MEAL	Roasted Chicken Drumstick		Brunch Lunch		Beef Pretzel Dog		Asian Chicken Dumplings		Fresh Hot Delivered Pizza	
		Mashed Potatoes & WG Roll		French Toast Sticks w/ Syrup		Served with Ketchup		Teriyaki Dip		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	HOT MEAL	All Beef Hot Dog		Twin Faues 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	HOT MEAL	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	HOT MEAL	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								

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

Skim & 1% milk served daily.

This menu uses VG 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)					
OCTOBER 2025					
	TASTY	HEALTHY	FUN	VARIETY	BALANCED
Week IV			Wednesday, 10/1/2025	Thursday, 10/2/2025	Friday, 10/3/2025
			Alfredo Penne	Pulled Chicken Taco	Fresh Hot Delivered Pizza
			Assorted Salad Bar	Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Cheddar Cheese & Mild Salsa	Assorted Salad Bar
			Daily Fruit	Assorted Salad Bar	Daily Fruit
			Choice Milk	Daily Fruit & Choice Milk	Choice Milk
			Woohoo! Special Treat Day! Confetti Cookie		
			Veggie Garden Nuggets w/ Ketchup	Bean & Cheese Pupusa w/ Salsa	Fresh Hot Cheese Pizza
Week V	Monday, 10/6/2025	Tuesday, 10/7/2025	Wednesday, 10/8/2025	Thursday, 10/9/2025	Friday, 10/10/2025
	Premium Chicken Nuggets	Macaroni Pasta w/ Spaghetti Meatballs	Sweet & Sour Chicken	Premium Corn Dog	Fresh Hot Delivered Pizza
	Mix or Match Sauce Ketchup & Lime Mayo	Marinara Meatballs served with WG Buttered Macaroni	Veggie Fried Rice	WG Chicken Corn Dog Served with Ketchup	Assorted Salad Bar
	Potato Stix w/ Ketchup	Top with Shred Mozzarella (Served on side)	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit
	Assorted Salad Bar & Daily Fruit	Assorted Salad Bar	Daily Fruit	Daily Fruit & Choice Milk	Choice Milk
	Choice Milk	Daily Fruit & Choice Milk	Choice Milk	Hooray! Special Chips Day! Cool Ranch Doritos	
	Mac & Cheese Bites w/ Ranch	Cheese Quesadilla	Bean & Chz Burrito w/ Salsa	Veggie Garden Burger	Fresh Hot Cheese Pizza