

## OCTOBER 2025

## TASTY

## HEALTHY

## FUN

## VARIETY

## BALANCED

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

Options : Hot &amp; Hot Vegetarian Meals

Grade : K-8 Grades

Meal Pattern : NSLP

		Wednesday, 10/1/2025		Thursday, 10/2/2025		Friday, 10/3/2025	
Week IV	HOT MEAL			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		Daily Fruit	
				Choice Milk	Assorted Salad Bar	Choice Milk	
		Woohoo! Special Treat Day! Confetti Cookie		Daily Fruit & Choice Milk			
	HOT VEG	Veggie Garden Nuggets w/ Ketchup		Bean & Cheese Pupusa w/ Salsa		Fresh Hot Cheese Pizza	

		Monday, 10/6/2025		Tuesday, 10/7/2025		Wednesday, 10/8/2025		Thursday, 10/9/2025		Friday, 10/10/2025	
Week V	HOT MEAL	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			
	HOT VEG	Mac & Cheese Bites w/ Ranch		Cheese Quesadilla		Bean & Chz Burrito w/ Salsa		Veggie Garden Burger		Fresh Hot Cheese Pizza	

		Monday, 10/13/2025		Tuesday, 10/14/2025		Wednesday, 10/15/2025		Thursday, 10/16/2025		Friday, 10/17/2025	
Week VI	HOT MEAL	Fun Munchies Meal		Classic Hamburger		Chicken Tender Wrap		Top-n-Go Cheez Taco		Fresh Hot Delivered Pizza	
		Popcorn Chicken w/ Ketchup		WG Bun , Pickles & Ketchup		Chicken Tenders, WG Tortilla, Ranch, Shred Lettuce & Shred Cheese		Cheez-Its Bag, Seasoned Beef Taco		Assorted Salad Bar	
		Soft Sweet Potato Sticks		Assorted Salad Bar		Assorted Salad Bar		Fill with Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Mild Salsa		Daily Fruit	
		Assorted Salad Bar		Daily Fruit & Choice Milk		Daily Fruit		Assorted Salad Bar & Daily Fruit		Choice Milk	
		WG Roll, Daily Fruit & 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, 10/20/2025		Tuesday, 10/21/2025		Wednesday, 10/22/2025		Thursday, 10/23/2025		Friday, 10/24/2025	
Week I	HOT MEAL	Roasted Chicken Drumstick		Brunch Lunch		Beef Pretzel Dog		Marinara Meatball Sub		Fresh Hot Delivered Pizza	
		Mashed Potatoes & WG Roll		French Toast Sticks w/ Syrup		Served with Ketchup		WG Hot Dog Bun, Shred Mozzarella		Assorted Salad Bar	
		Assorted Salad Bar		Assorted Salad Bar		Assorted Salad Bar		Buttered Green Beans		Daily Fruit	
		Daily Fruit		Daily Fruit		Daily Fruit & Choice Milk		Assorted Salad Bar & 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, 10/27/2025		Tuesday, 10/28/2025		Wednesday, 10/29/2025		Thursday, 10/30/2025		Friday, 10/31/2025	
Week II	HOT MEAL	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	

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

Skim &amp; 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)					
NOVEMBER 2025					
	TASTY	HEALTHY	FUN	VARIETY	BALANCED
Week III	Monday, 11/3/2025	Tuesday, 11/4/2025	Wednesday, 11/5/2025	Thursday, 11/6/2025	Friday, 11/7/2025
	<b>Premium Chicken Patty Sandwich</b>	<b>Buttermilk Pancakes &amp; Colby Cheese Omelet</b>	<b>Roasted Sliced Beef on Flatbread</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Fresh Hot Delivered Pizza</b>
	WG Bun & Ketchup	Syrup PC	Sliced Beef, Lime Slaw & Swiss Cheese on Flatbread	Steamed Seasoned Rice	Assorted Salad Bar
	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit
	Daily Fruit	Daily Fruit	Daily Fruit	Daily Fruit	Choice Milk
Week IV	Choice Milk	Choice Milk	Choice Milk	Choice Milk	<b>Yahoo! Special Chips Day! Nacho Cheese Doritos</b>
	<b>HOT VEG</b>	<b>HOT VEG</b>	<b>HOT VEG</b>	<b>HOT VEG</b>	<b>HOT VEG</b>
	Veggie Garden Burger	Grilled Cheese Sandwich	Pizza Triangles	Rosy Ravioli w/ WG Roll	Fresh Hot Cheese Pizza
Week IV	Monday, 11/10/2025	Tuesday, 11/11/2025			
	<b>Crispy Chicken Tenders</b>	<b>Cheeseburger</b>			
	Ketchup & WG Roll	Bun, Chz Slice & Ketchup			
	Assorted Salad Bar	Potato Smiles			
	Daily Fruit	Assorted Salad Bar			
Week IV	Choice Milk	Daily Fruit & Choice Milk			
	<b>HOT VEG</b>	<b>HOT VEG</b>			
	Pizza Crunchers	French Bread			