

## OCTOBER 2025

## TASTY

## HEALTHY

## FUN

## VARIETY

## BALANCED

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

Options : Hot&amp; Hot Vegetarian Meals

Grade : 9-12 Grades

Meal Pattern : NSLP

Week IV		HOT MEAL		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, WG Tortilla		Assorted Salad Bar					
				Daily Fruit (1 Cup Eq)		Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Crema		Daily Fruit (1 Cup Eq)					
				Choice Milk		Cheesy Refried Beans		Choice Milk					
HOT VEG				Woohoo! Special Treat Day! Confetti Cookie		Assorted Salad Bar, Daily Fruit,Fruit Juice & Choice Milk							
		Veggie Garden Nuggets w/ Ketchup & WG Roll				Bean & Cheese Pupusa		Fresh Hot Cheese Pizza					
Week V		HOT MEAL		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		Daily Fruit (1 Cup Eq)	
				Assorted Salad Bar & Daily Fruit		Assorted Salad Bar & Daily Fruit		Daily Fruit (1 Cup Eq)		Fruit Juice & Choice Milk		Choice Milk	
Fruit Juice & Choice Milk		Fruit Juice & 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			
Week VI		HOT MEAL		Monday, 10/13/2025		Tuesday, 10/14/2025		Wednesday, 10/15/2025		Thursday, 10/16/2025		Friday, 10/17/2025	
				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 & Hot Sauce		Daily Fruit (1 Cup Eq)	
				Assorted Salad Bar & Daily Fruit		Daily Fruit, Fruit Juice & Choice Milk		Daily Fruit (1 Cup Eq)		Assorted Salad Bar & Daily Fruit		Choice Milk	
WG Roll, Fruit Juice & 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			
Week I		HOT MEAL		Monday, 10/20/2025		Tuesday, 10/21/2025		Wednesday, 10/22/2025		Thursday, 10/23/2025		Friday, 10/24/2025	
				Breaded Chicken Drumstick		Brunch Lunch		Beef Pretzel Dog		Marinara Meatball Sub		Fresh Hot Delivered Pizza	
				Mashed Potatoes		French Toast Sticks w/ Syrup		Served with Ketchup		WG Hot Dog Bun, Shred Mozzarella		Assorted Salad Bar	
				Hearty Dinner Roll w/ Butter		Soft Sweet Potato Sticks		Assorted Salad Bar		Buttered Green Beans		Daily Fruit (1 Cup Eq)	
				Assorted Salad Bar		Assorted Salad Bar		Daily Fruit (1 Cup Eq) & Choice Milk		Assorted Salad Bar		Choice Milk	
Daily Fruit, Fruit Juice & Choice Milk		Daily Fruit, Fruit Juice & Choice Milk		Yahoo! Special Chips Day! Baked Cheetos		Daily Fruit, Fruit Juice & Choice Milk							
HOT VEG		Chz Breadsticks w/ Italian Dip		Grilled Cheese Sandwich		Three Cheese Corn Enchilada		French Bread		Fresh Hot Cheese Pizza			
Week II		HOT MEAL		Monday, 10/27/2025		Tuesday, 10/28/2025		Wednesday, 10/29/2025		Thursday, 10/30/2025		Friday, 10/31/2025	
				All Beef Hot Dog		Twin Faves Day		Beef Burrito Wrap		Chicken & Egg Fried Rice		Fresh Hot Delivered Pizza	
				Hot Dog Bun, Ketchup & Mustard		Chicken Nuggets w/ Ketchup		Seasoned Beef Taco, WG Tortilla		Soy Sauce & WG Roll		Assorted Salad Bar	
				Assorted Salad Bar		Mac & Cheese		Fill the taco with Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce		Assorted Salad Bar		Daily Fruit (1 Cup Eq)	
				Daily Fruit, Fruit Juice & Choice Milk		WG Roll   Assorted Salad Bar		Assorted Salad Bar, Daily Fruit (1 Cup Eq) & Choice Milk		Daily Fruit & Fruit Juice		Choice Milk	
Hooray! Special Chips Day! Cool Ranch Doritos		Daily Fruit, Fruit Juice & Choice Milk		Veggie Garden Nuggets w/ Ketchup & WG Roll		Choice Milk		Pizza Egg Rolls		Fresh Hot Cheese Pizza			
HOT VEG		Cheese Quesadilla		Mac & Cheese Bites w/ Ranch									

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
	Monday, 11/3/2025	Tuesday, 11/4/2025	Wednesday, 11/5/2025	Thursday, 11/6/2025	Friday, 11/7/2025
Week III	<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	Shredded Philly Style Beef, Lime Slaw & Shred Swiss Cheese on Flatbread	Steamed Seasoned Rice	Assorted Salad Bar
	Chilled Potato Salad	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit (1 Cup Eq)
	Assorted Salad Bar & Fruit Juice	Daily Fruit & Fruit Juice	Daily Fruit (1 Cup Eq)	Daily Fruit & Fruit Juice	Choice Milk
	Daily Fruit & Choice Milk	Choice Milk	Choice Milk	Choice Milk	<b>Yahoo! Special Chips Day! Nacho Cheese Doritos</b>
HOT VEG	Veggie Garden Burger	Grilled Cheese Sandwich	Pizza Triangles	Rosy Ravioli & WG Roll	Fresh Hot Cheese Pizza
	Monday, 11/10/2025	Tuesday, 11/11/2025			
Week IV	<b>Crispy Chicken Tenders</b>	<b>Cheeseburger</b>			
	Ketchup	Bun, Chz Slice & Ketchup			
	WG Dinner Roll	Potato Smiles			
	Assorted Salad Bar & Fruit Juice	Assorted Salad Bar & Fruit Juice			
	Daily Fruit & Choice Milk	Daily Fruit & Choice Milk			
HOT VEG	Pizza Crunchers	French Bread			