

NOVEMBER 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, 11/3/2025	Tuesday, 11/4/2025	Wednesday, 11/5/2025	Thursday, 11/6/2025	Friday, 11/7/2025
Week III	HOT MEAL	Premium Chicken Patty Sandwich	Buttermilk Pancakes & Colby Cheese Omelet	Roasted Sliced Beef on Flatbread	Sweet & Sour Chicken	Fresh Hot Delivered Pizza
		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
	HOT VEG	Veggie Garden Burger	Grilled Cheese Sandwich	Pizza Triangles	Rosy Ravioli w/ WG Roll	Yahoo! Special Chips Day! Nacho Cheese Doritos
		Monday, 11/10/2025	Tuesday, 11/11/2025	Wednesday, 11/12/2025	Thursday, 11/13/2025	Friday, 11/14/2025
Week IV	HOT MEAL	Premium Chicken Nuggets	Cheeseburger	Alfredo Penne	Pulled Chicken Taco	Fresh Hot Delivered Pizza
		Mix or Match Sauce Ketchup & Lime Mayo	Bun, Chz Slice & Ketchup	Assorted Salad Bar	Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Cheddar Cheese & Mild Salsa	Assorted Salad Bar
		Assorted Salad Bar & WG Roll	Potato Smiles	Daily Fruit	Assorted Salad Bar	Daily Fruit
		Daily Fruit	Assorted Salad Bar	Choice Milk	Daily Fruit & Choice Milk	Choice Milk
	HOT VEG	Pizza Crunchers	French Bread	Veggie Garden Nuggets w/ Ketchup	Bean & Cheese Pupusa w/ Salsa	Fresh Hot Cheese Pizza
		Monday, 11/17/2025	Tuesday, 11/18/2025	Wednesday, 11/19/2025	Thursday, 11/20/2025	Friday, 11/21/2025
Week V	HOT MEAL	Crispy Chicken Tenders	Macaroni Pasta w/ Spaghetti Meatballs	Sweet & Sour Chicken	Premium Corn Dog	Fresh Hot Delivered Pizza
		Ketchup	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
	HOT VEG	Mac & Cheese Bites w/ Ranch	Cheese Quesadilla	Bean & Chz Burrito w/ Salsa	Veggie Garden Burger	Fresh Hot Cheese Pizza
		Monday, 11/24/2025	Tuesday, 11/25/2025	Wednesday, 11/26/2025	Thursday, 11/27/2025	Friday, 11/28/2025
Week VI	HOT MEAL	Pop-Chicken Bowl	Classic Hamburger	Chicken & Egg Fried Rice	Walking Taco	Fresh Hot Delivered Pizza
		Popcorn Chicken w/ Ketchup	WG Bun , Pickles & Ketchup	Soy Sauce	Nacho Doritos, Seasoned Beef Taco	Assorted Salad Bar
		Mashed Potatoes	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
	HOT VEG	Buttermilk Pancakes & Omelet w/ Syrup	Cheese Bites w/ Italian Dip	Pizza Crunchers	Bean & Cheese Pupusa w/ Salsa	Fresh Hot Cheese Pizza

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.

The Power of Fruits in School Meals

From fresh and frozen to canned, dried and 100% juice, all forms of fruit have a place on our school meal menus. Whether it's enjoying a juicy water melon at lunch or enjoying a handful of raisins as a snack, every fruit choice contributes to one's overall health and well-being. Fruit is packed with essential vitamins, minerals and antioxidants that promote overall health and well-being. Whether it's the vitamin C boost from citrus fruits, the potassium-rich goodness of bananas or the fiber-packed sweetness of apples, each fruit offers its unique nutritional benefits. By incorporating a variety of fruits into our school meals, we provide students with a range of nutrients to help them thrive both in and out of the classroom.

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)						
DECEMBER 2025						
TASTY		HEALTHY	FUN	VARIETY	BALANCED	
Week I	HOT MEAL	Monday, 12/1/2025	Tuesday, 12/2/2025	Wednesday, 12/3/2025	Thursday, 12/4/2025	Friday, 12/5/2025
		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
Week II	HOT MEAL	Monday, 12/8/2025	Tuesday, 12/9/2025	Wednesday, 12/10/2025	Thursday, 12/11/2025	Friday, 12/12/2025
		All Beef Hot Dog	Twin Faves Day	Beef Taco	Chicken Tender Shack	Fresh Hot Delivered Pizza
		Hot Dog Bun, Ketchup	Chicken Nuggets w/ Ketchup	Seasoned Beef Taco, WG Tortilla	Chicken Tenders, WG Bun & Coleslaw	Assorted Salad Bar
		Assorted Salad Bar	Mac & Cheese	Fill the taco with Shred Cheddar Cheese & Salsa	Enjoy as a sandwich or savor the tenders solo with the ketchup(served with the meal)	Daily Fruit
		Daily Fruit & Choice Milk	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar & Daily Fruit	Choice Milk
	Hooray! Special Chips Day! Cool Ranch Doritos	Daily Fruit & Choice Milk	Daily Fruit & Choice Milk	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