

NOVEMBER 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

		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		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		Yahoo! Special Chips Day! Nacho Cheese Doritos	
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		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, WG Tortilla		Assorted Salad Bar	
		Soft Sweet Potato Sticks		Potato Smiles		Daily Fruit (1 Cup Eq)		Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Crema		Daily Fruit (1 Cup Eq)	
		Assorted Salad Bar & Fruit Juice		Assorted Salad Bar & Fruit Juice		Choice Milk		Assorted Salad Bar		Choice Milk	
		WG Dinner Roll, Daily Fruit & Choice Milk		Daily Fruit & Choice Milk		Woohoo! Special Treat Day! Confetti Cookie		Daily Fruit,Fruit Juice & Choice Milk			
HOT VEG	Pizza Crunchers		French Bread		Veggie Garden Nuggets w/ Ketchup & WG Roll		Bean & Cheese Pupusa		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 & Ranch Dip		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	
		WG Roll, 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		
		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 & WG Roll		Nacho Doritos, Seasoned Beef Taco		Chilled Honey Mustard Pasta	
		Mashed Potatoes		Assorted Salad Bar		Assorted Salad Bar		Fill with Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce		Assorted Salad Bar	
		Assorted Salad Bar & Daily Fruit		Daily Fruit, Fruit Juice & Choice Milk		Daily Fruit (1 Cup Eq)		Assorted Salad Bar & Daily Fruit		Daily Fruit (1 Cup Eq)	
		WG Roll, Fruit Juice & Choice Milk		Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie		Choice Milk		Fruit Juice & Choice Milk		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
	Monday, 12/1/2025	Tuesday, 12/2/2025	Wednesday, 12/3/2025	Thursday, 12/4/2025	Friday, 12/5/2025
Week I	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
	Monday, 12/8/2025	Tuesday, 12/9/2025	Wednesday, 12/10/2025	Thursday, 12/11/2025	Friday, 12/12/2025
Week II	All Beef Hot Dog	Twin Faves Day	Beef Burrito Wrap	Chicken Tender Shack	Fresh Hot Delivered Pizza
	Hot Dog Bun, Ketchup & Mustard	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 Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce	Enjoy as a sandwich or savor the tenders solo with the ketchup(served with the meal)	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	Assorted Salad Bar	Choice Milk
	Hooray! Special Chips Day! Cool Ranch Doritos	Daily Fruit, Fruit Juice & Choice Milk		Daily Fruit, Fruit Juice & 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