

DECEMBER 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, 12/1/2025	Tuesday, 12/2/2025	Wednesday, 12/3/2025	Thursday, 12/4/2025
Week I	HOT MEAL	Premium Chicken Patty Sandwich	Brunch Lunch	Beef Pretzel Dog	Fun Trip Beef Taco Snax
		WG Bun, Ketchup	French Toast Sticks w/ Syrup	Served with Ketchup	Salsa
		Assorted Salad Bar	Soft Sweet Potato Sticks	Assorted Salad Bar	Steamed Street Corn
		Fava Bean Crisps	Assorted Salad Bar	Daily Fruit (1 Cup Eq) & Choice Milk	Assorted Salad Bar
	HOT VEG	Daily Fruit, Fruit Juice & Choice Milk	Daily Fruit, Fruit Juice & Choice Milk	Yahoo! Special Chips Day! Baked Cheetos	Daily Fruit, Fruit Juice & Choice Milk
		Cheese Quesadilla	Grilled Cheese Sandwich	Three Cheese Corn Enchilada	French Bread
		Monday, 12/8/2025	Tuesday, 12/9/2025	Wednesday, 12/10/2025	Thursday, 12/11/2025
Week II	HOT MEAL	All Beef Hot Dog	Twin Faves Day	Beef Burrito Wrap	Chicken Tender Shack
		Hot Dog Bun, Ketchup & Mustard	Chicken Nuggets w/ Ketchup	Seasoned Beef Taco, WG Tortilla	Chicken Tenders, WG Bun & Coleslaw
		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, Fruit Juice & Choice Milk	WG Roll Assorted Salad Bar	Assorted Salad Bar, Daily Fruit (1 Cup Eq) & Choice Milk	Assorted Salad Bar
	HOT VEG	Hooray! Special Chips Day! Cool Ranch Doritos	Daily Fruit, Fruit Juice & Choice Milk	Veggie Garden Nuggets w/ Ketchup & WG Roll	Daily Fruit, Fruit Juice & Choice Milk
		Cheese Breadsticks w/Italian Dip	Mac & Cheese Bites w/ Ranch		Pizza Egg Rolls
		Monday, 12/15/2025	Tuesday, 12/16/2025	Wednesday, 12/17/2025	Thursday, 12/18/2025
Week III	HOT MEAL	Breaded Chicken Drumstick	Buttermilk Pancakes & Colby Cheese Omelet	Hot Italian Beef Meatball Sub	Sweet & Sour Chicken
		Hearty Dinner Roll w/ Butter	Syrup PC	Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately)	Steamed Seasoned Rice
		Mashed Potatoes	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar
		Assorted Salad Bar & Fruit Juice	Daily Fruit & Fruit Juice	Daily Fruit (1 Cup Eq)	Daily Fruit & Fruit Juice
	HOT VEG	Daily Fruit & Choice Milk	Choice Milk	WG Garlic Roll, Choice Milk	Choice Milk
		Veggie Garden Burger	Grilled Cheese Sandwich	Pizza Triangles	Rosy Ravioli & WG Roll
		Monday, 12/22/2025	Tuesday, 12/23/2025	Wednesday, 12/24/2025	Thursday, 12/25/2025
Week IV	HOT MEAL	Premium Chicken Nuggets	Cheeseburger	Alfredo Penne	Pulled Chicken Taco
		Mix or Match sauce Ketchup & Lime Mayo	Bun, Chz Slice & Ketchup	Assorted Salad Bar	Seasoned Pulled Chicken Taco, WG Tortilla
		Soft Sweet Potato Sticks	Potato Smiles	Daily Fruit (1 Cup Eq)	Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Crema
		Assorted Salad Bar & Fruit Juice	Assorted Salad Bar & Fruit Juice	Choice Milk	Assorted Salad Bar
	HOT VEG	WG Dinner Roll, Daily Fruit & Choice Milk	Daily Fruit & Choice Milk	Woohoo! Special Treat Day! Confetti Cookie	Daily Fruit, Fruit Juice & Choice Milk
		Pizza Crunchers	French Bread	Veggie Garden Nuggets w/ Ketchup & WG Roll	Bean & Cheese Pupusa
		Monday, 12/29/2025	Tuesday, 12/30/2025	Wednesday, 12/31/2025	
Week V	HOT MEAL	Crispy Chicken Tenders	Macaroni Pasta w/ Spaghetti Meatballs	Sweet & Sour Chicken	
		Ketchup & Ranch Dip	Marinara Meatballs served with WG Buttered Macaroni	Veggie Fried Rice	
		Potato Stix w/ Ketchup	Top with Shred Mozzarella (Served on side)	Assorted Salad Bar	
		Assorted Salad Bar & Daily Fruit	Assorted Salad Bar & Daily Fruit	Daily Fruit (1 Cup Eq)	
	HOT VEG	WG Roll, Fruit Juice & Choice Milk	Fruit Juice & Choice Milk	Choice Milk	
		Mac & Cheese Bites w/ Ranch	Cheese Quesadilla	Bean & Chz Burrito w/ Salsa	

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

Skim & 1% milk served daily.

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.

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)						
TASTY		HEALTHY	FUN	VARIETY	BALANCED	
				Thursday, 01/01/2026	Friday, 01/02/2026	
Week V	HOT MEAL			Premium Corn Dog WG Chicken Corn Dog Served with Ketchup Assorted Salad Bar & Daily Fruit Fruit Juice & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk	
	HOT VEG			Veggie Garden Burger	Fresh Hot Cheese Pizza	
Monday, 01/05/2026		Tuesday, 01/06/2026	Wednesday, 01/07/2026	Thursday, 01/08/2026	Friday, 01/09/2026	
Week VI	HOT MEAL	Pop-Chicken Bowl Popcorn Chicken w/ Ketchup Mashed Potatoes Assorted Salad Bar & Daily Fruit WG Roll, Fruit Juice & Choice Milk	Classic Hamburger WG Bun , Pickles & Ketchup Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie	Chicken & Egg Fried Rice Soy Sauce & WG Roll Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk	Walking Taco Nacho Doritos, Seasoned Beef Taco Fill with Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce Assorted Salad Bar & Daily Fruit Fruit Juice & Choice Milk	Fresh Hot Delivered Pizza Chilled Honey Mustard Pasta Assorted Salad Bar Daily Fruit (1 Cup Eq) 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