

## JANUARY 2026

	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		
Week V	HOT MEAL			Thursday, 01/01/2026	Friday, 01/02/2026	
HOT VEG				<b>Premium Corn Dog</b> WG Chicken Corn Dog Served with Ketchup  Assorted Salad Bar  Daily Fruit & Choice Milk  <b>Hooray! Special Chips Day!</b> Cool Ranch Doritos	<b>Fresh Hot Delivered Pizza</b>  Assorted Salad Bar  Daily Fruit  Choice Milk   <b>Veggie Garden Burger</b>  <b>Fresh Hot Cheese Pizza</b>	
	Monday, 01/05/2026	Tuesday, 01/06/2026	Wednesday, 01/07/2026	Thursday, 01/08/2026	Friday, 01/09/2026	
Week VI	HOT MEAL	<b>Popcorn Chicken &amp; Cheesy Hashbrowns</b> Popcorn Chicken w/ Ketchup Creamy Cheesy Hashbrowns Assorted Salad Bar WG Roll, Daily Fruit & Choice Milk	<b>Classic Hamburger</b> WG Bun , Pickles & Ketchup Assorted Salad Bar Daily Fruit & Choice Milk  <b>Woohoo! Special Treat Day!</b> Brownie Chocolate Chip Cookie	<b>Brunch Lunch</b> French Toast Sticks w/ Syrup PC Assorted Salad Bar Daily Fruit	<b>Walking Taco</b> Nacho Doritos, Seasoned Beef Taco Fill with Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Mild Salsa Assorted Salad Bar & Daily Fruit Choice Milk	<b>Fresh Hot Delivered Pizza</b>  Assorted Salad Bar  Daily Fruit  Choice Milk   <b>Fresh Hot Cheese Pizza</b>
HOT VEG		<b>Pizza Egg Rolls</b>	<b>Cheese Bites w/ Italian Dip</b>	<b>Pizza Crunchers</b>	<b>Bean &amp; Cheese Pupusa w/ Salsa</b>	
	Monday, 1/12/2026	Tuesday, 1/13/2026	Wednesday, 1/14/2026	Thursday, 1/15/2026	Friday, 1/16/2026	
Week I	HOT MEAL	<b>Premium Chicken Patty Sandwich</b> WG Bun & Ketchup Assorted Salad Bar Daily Fruit Choice Milk	<b>Fun Brunch</b> Chicken Pancake Bites w/ Syrup Potato Stix w/ Ketchup Assorted Salad Bar Daily Fruit & Choice Milk	<b>Beef Pretzel Dog</b> Served with Ketchup Assorted Salad Bar Daily Fruit & Choice Milk  <b>Yahoo! Special Chips Day!</b> Baked Cheetos	<b>Fun Trip Beef Taco Snax</b> Salsa Warm Street Corn Assorted Salad Bar Daily Fruit & Choice Milk	<b>Fresh Hot Delivered Pizza</b>  Assorted Salad Bar  Daily Fruit  Choice Milk   <b>Fresh Hot Cheese Pizza</b>
HOT VEG		<b>Cheese Quesadilla</b>	<b>Grilled Cheese Sandwich</b>	<b>Three Cheese Corn Enchilada</b>	<b>French Bread</b>	
	Monday, 1/19/2026	Tuesday, 1/20/2026	Wednesday, 1/21/2026	Thursday, 1/22/2026	Friday, 1/23/2026	
Week II	HOT MEAL	<b>All Beef Hot Dog</b> Hot Dog Bun, Ketchup Assorted Salad Bar Daily Fruit & Choice Milk  <b>Hooray! Special Chips Day!</b> Cool Ranch Doritos	<b>Twin Faves Day</b> Chicken Nuggets w/ Ketchup Mac & Cheese Assorted Salad Bar Daily Fruit & Choice Milk	<b>Beef Taco</b> Seasoned Beef Taco, WG Tortilla Fill the taco with Shred Cheddar Cheese & Salsa Assorted Salad Bar Daily Fruit & Choice Milk	<b>Chicken Tender Shack</b> Chicken Tenders, WG Bun & Coleslaw Enjoy as a sandwich or savor the tenders solo with the ketchup(served with the meal) Assorted Salad Bar & Daily Fruit Choice Milk	<b>Fresh Hot Delivered Pizza</b>  Assorted Salad Bar  Daily Fruit  Choice Milk   <b>Fresh Hot Cheese Pizza</b>
HOT VEG		<b>Chz Breadsticks w/ Italian Dip</b>	<b>Mac &amp; Cheese Bites w/ Ranch</b>	<b>Veggie Garden Nuggets w/ Ketchup &amp; WG Roll</b>	<b>Pizza Egg Rolls</b>	
	Monday, 1/26/2026	Tuesday, 1/27/2026	Wednesday, 1/28/2026	Thursday, 1/29/2026	Friday, 1/30/2026	
Week III	HOT MEAL	<b>Roasted Chicken Drumstick</b> Mashed Potatoes WG Dinner Roll Assorted Salad Bar Daily Fruit & Choice Milk	<b>Buttermilk Pancakes &amp; Colby Cheese Omelet</b> Syrup PC Assorted Salad Bar Daily Fruit Choice Milk	<b>Hot Italian Beef Meatball Sub</b> Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately) Assorted Salad Bar Daily Fruit Choice Milk	<b>Sweet &amp; Sour Chicken</b> Veggie Fried Rice Assorted Salad Bar Daily Fruit Choice Milk  <b>Yahoo! Special Chips Day!</b> Nacho Cheese Doritos	<b>Fresh Hot Delivered Pizza</b>  Assorted Salad Bar  Daily Fruit  Choice Milk   <b>Fresh Hot Cheese Pizza</b>
HOT VEG		<b>Veggie Garden Burger</b>	<b>Grilled Cheese Sandwich</b>	<b>Pizza Triangles</b>	<b>Rosy Ravioli w/ WG Roll</b>	

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

Skim &amp; 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.

### FEBRUARY 2026

		(Menu Subject to Change)				
		TASTY	HEALTHY	FUN	VARIETY	BALANCED
Week IV	HOT MEAL	Monday, 02/02/2026	Tuesday, 02/03/2026	Wednesday, 02/04/2026	Thursday, 02/05/2026	Friday, 02/06/2026
		Premium Chicken Nuggets  Mix or Match Sauce Ketchup & Lime Mayo	Cheeseburger  Bun, Chz Slice & Ketchup	Alfredo Penne  Assorted Salad Bar	Pulled Chicken Taco  Seasoned Pulled Chicken Taco served with W/G Tortilla, Shred Cheddar Cheese & Mild Salsa	Fresh Hot Delivered Pizza  Assorted Salad Bar
		Assorted Salad Bar & WG Roll  Daily Fruit	Potato Smiles  Assorted Salad Bar	Daily Fruit  Choice Milk	Daily Fruit  Assorted Salad Bar	Daily Fruit  Choice Milk
		Choice Milk	Daily Fruit & Choice Milk	Woohoo! Special Treat Day! Confetti Cookie	Daily Fruit & Choice Milk	
		HOT VEG  Pizza Crunchers		French Bread  Veggie Garden Nuggets w/ Ketchup	Bean & Cheese Pupusa w/ Salsa  Fresh Hot Cheese Pizza	
Week V	HOT MEAL	Monday, 02/09/2026	Tuesday, 02/10/2026	Wednesday, 02/11/2026		
		Crispy Chicken Tenders  Ketchup	Penne Pasta w/ Spaghetti Meatballs  Marinara Meatballs served with W/G Buttered Penne	Sweet & Sour Chicken  Steamed Rice		
		Assorted Salad Bar  Daily Fruit	Top with Shred Mozzarella (Served on side)  Assorted Salad Bar	Assorted Salad Bar  Daily Fruit		
		WG Roll & Choice Milk	Daily Fruit & Choice Milk	Choice Milk		
		HOT VEG  Mac & Cheese Bites w/ Ranch		Cheese Quesadilla  Bean & Chz Burrito w/ Salsa		