

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

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