

## JANUARY 2026

## TASTY

## HEALTHY

## FUN

## VARIETY

## BALANCED

Name of the menu :Parnassus Preparatory School Grades 9-12 Lunch Menu

Grade : 9-12 Grades

Options : Hot &amp; Hot Vegetarian Meals

Meal Pattern : NSLP

Thursday, 01/01/2026

Friday, 01/02/2026

## Premium Corn Dog

WG Chicken Corn Dog Served with Ketchup

Assorted Salad Bar &amp; Daily Fruit

Fruit Juice &amp; Choice Milk

Hooray! Special Chips Day!  
Cool Ranch Doritos

Veggie Garden Burger

Fresh Hot Cheese Pizza

Week V  
HOT MEAL

HOT VEG

Monday, 01/05/2026

Tuesday, 01/06/2026

Wednesday, 01/07/2026

Thursday, 01/08/2026

Friday, 01/09/2026

## Popcorn Chicken &amp; Cheesy Hashbrowns

## Classic Hamburger

## Brunch Lunch

## Walking Taco

## Fresh Hot Delivered Pizza

Popcorn Chicken w/ Ketchup

WG Bun, Pickles &amp; 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 &amp; Hot Sauce

Daily Fruit (1 Cup Eq)

Assorted Salad Bar &amp; Daily Fruit

Daily Fruit, Fruit Juice &amp; Choice Milk

Daily Fruit (1 Cup Eq)

Assorted Salad Bar &amp; Daily Fruit

Choice Milk

WG Roll, Fruit Juice &amp; Choice Milk

Woohoo! Special Treat Day!  
Brownie Chocolate Chip Cookie

Choice Milk

Fruit Juice &amp; Choice Milk

HOT MEAL

HOT VEG

Pizza Egg Rolls

Cheese Bites w/ Italian Dip

Pizza Crunchers

Bean &amp; 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

Week VI  
HOT MEAL

HOT VEG

## Premium Chicken Patty Sandwich

## Fun Brunch

## Beef Pretzel Dog

## Fun Trip Beef Taco Snax

## Fresh Hot Delivered Pizza

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

Steamed Street Corn

Daily Fruit (1 Cup Eq)

Chilled Potato Salad

Assorted Salad Bar

Daily Fruit (1 Cup Eq) &amp; Choice Milk

Assorted Salad Bar

Choice Milk

Daily Fruit, Fruit Juice &amp; Choice Milk

Daily Fruit, Fruit Juice &amp; Choice Milk

Yahoo! Special Chips Day!  
Baked Cheetos

Daily Fruit, Fruit Juice &amp; 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

Week II  
HOT MEAL

HOT VEG

## All Beef Hot Dog

## Twin Faves Day

## Beef Burrito Wrap

## Chicken Tender Shack

## Fresh Hot Delivered Pizza

Hot Dog Bun, Ketchup &amp; Mustard

Chicken Nuggets w/ Ketchup

Seasoned Beef Taco, WG Tortilla

Chicken Tenders, WG Bun &amp; Coleslaw

Assorted Salad Bar

Assorted Salad Bar

Mac &amp; Cheese

Fill the taco with Taco Rice, Shred Lettuce, Shred Cheddar Cheese &amp; 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 &amp; Choice Milk

WG Roll | Assorted Salad Bar

Assorted Salad Bar, Daily Fruit (1 Cup Eq) &amp; Choice Milk

Assorted Salad Bar

Choice Milk

Hooray! Special Chips Day!  
Cool Ranch Doritos

Daily Fruit, Fruit Juice &amp; Choice Milk

Assorted Salad Bar, Daily Fruit (1 Cup Eq) &amp; Choice Milk

Daily Fruit, Fruit Juice &amp; Choice Milk

HOT VEG

Cheese Breadsticks w/ Italian Dip

Mac &amp; Cheese Bites w/ Ranch

Veggie Garden Nuggets w/ Ketchup &amp; WG Roll

Pizza Egg Rolls

Fresh Hot Cheese Pizza

Monday, 1/26/2026

Tuesday, 1/27/2026

Wednesday, 1/28/2026

Thursday, 1/29/2026

Friday, 1/30/2026

Week III  
HOT MEAL

HOT VEG

## Breaded Chicken Drumstick

## Buttermilk Pancakes &amp; Colby Cheese Omelet

## Hot Italian Beef Meatball Sub

## Sweet &amp; Sour Chicken

## Fresh Hot Delivered Pizza

Hearty Dinner Roll w/ Butter

Syrup PC

Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately)

Veggie Fried Rice

Assorted Salad Bar

Mashed Potatoes

Assorted Salad Bar

Assorted Salad Bar

Assorted Salad Bar

Daily Fruit (1 Cup Eq)

Assorted Salad Bar &amp; Fruit Juice

Daily Fruit &amp; Fruit Juice

Daily Fruit (1 Cup Eq)

Daily Fruit &amp; Fruit Juice

Choice Milk

Daily Fruit &amp; Choice Milk

Choice Milk

WG Garlic Roll, Choice Milk

Choice Milk

Yahoo! Special Chips Day!  
Nacho Cheese Doritos

Veggie Garden Burger

Grilled Cheese Sandwich

Pizza Triangles

Rosy Ravioli &amp; WG Roll

Fresh Hot Cheese Pizza

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

Skim &amp; 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.

### 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	HOT MEAL	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, WG Tortilla Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Crema	Fresh Hot Delivered Pizza  Assorted Salad Bar Daily Fruit (1 Cup Eq)	
		Soft Sweet Potato Sticks	Potato Smiles	Daily Fruit (1 Cup Eq)	Assorted Salad Bar	Choice Milk	
		Assorted Salad Bar & Fruit Juice	Assorted Salad Bar & Fruit Juice	Choice Milk	Woohoo! Special Treat Day! Confetti Cookie	Daily Fruit, Fruit Juice & Choice Milk	
		WG Dinner Roll, Daily Fruit & Choice Milk	Daily Fruit & Choice Milk	Veggie Garden Nuggets w/ Ketchup & WG Roll	Bean & Cheese Pupusa		
		Pizza Crunchers	French Bread				Fresh Hot Cheese Pizza
Week V	HOT MEAL	Monday, 02/09/2026	Tuesday, 02/10/2026	Wednesday, 02/11/2026			
		Crispy Chicken Tenders  Ketchup & Ranch Dip	Penne Pasta w/ Spaghetti Meatballs  Marinara Meatballs served with WG Buttered Penne	Sweet & Sour Chicken  Steamed Rice			
		Potato Stix w/ Ketchup	Top with Shred Mozzarella (Served on side) w/ Warm Toast	Assorted Salad Bar			
		Assorted Salad Bar & Daily Fruit	Assorted Salad Bar & Daily Fruit	Daily Fruit (1 Cup Eq)			
		WG Roll, Fruit Juice & Choice Milk	Fruit Juice & Choice Milk	Choice Milk			
HOT VEG		Mac & Cheese Bites w/ Ranch	Cheese Quesadilla	Bean & Chz Burrito w/ Salsa			