

JANUARY 2026

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

Week V	HOT MEAL				Thursday, 01/01/2026	Friday, 01/02/2026	
					Premium Corn Dog	Fresh Hot Delivered Pizza	
					WG Chicken Corn Dog Served with Ketchup	Assorted Salad Bar	
					Assorted Salad Bar & Daily Fruit	Daily Fruit (1 Cup Eq)	
					Fruit Juice & Choice Milk	Choice Milk	
			Hooray! Special Chips Day! Cool Ranch Doritos				
HOT VEG					Veggie Garden Burger	Fresh Hot Cheese Pizza	
Week VI	HOT MEAL	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 & Hot Sauce	Daily Fruit (1 Cup Eq)	
		Assorted Salad Bar & Daily Fruit	Daily Fruit, Fruit Juice & Choice Milk	Daily Fruit (1 Cup Eq)	Assorted Salad Bar & Daily Fruit	Choice Milk	
	WG Roll, Fruit Juice & Choice Milk	Woohool Special Treat Day! Brownie Chocolate Chip Cookie	Choice Milk	Fruit Juice & Choice Milk			
HOT VEG	Pizza Egg Rolls		Cheese Bites w/ Italian Dip		Pizza Crunchers	Bean & Cheese Pupusa w/ Salsa	Fresh Hot Cheese Pizza
Week I	HOT MEAL	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	
		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) & Choice Milk	Assorted Salad Bar	Choice Milk	
	Daily Fruit, Fruit Juice & Choice Milk	Daily Fruit, Fruit Juice & Choice Milk	Yahool Special Chips Day! Baked Cheetos	Daily Fruit, Fruit Juice & Choice Milk			
HOT VEG	Cheese Quesadilla		Grilled Cheese Sandwich		Three Cheese Corn Enchilada	French Bread	Fresh Hot Cheese Pizza
Week II	HOT MEAL	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 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 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	HOT MEAL	Monday, 1/26/2026	Tuesday, 1/27/2026	Wednesday, 1/28/2026	Thursday, 1/29/2026	Friday, 1/30/2026	
		Breaded Chicken Drumstick	Buttermilk Pancakes & Colby Cheese Omelet	Hot Italian Beef Meatball Sub	Sweet & 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 & Fruit Juice	Daily Fruit & Fruit Juice	Daily Fruit (1 Cup Eq)	Daily Fruit & Fruit Juice	Choice Milk	
	Daily Fruit & Choice Milk	Choice Milk	WG Garlic Roll, Choice Milk	Choice Milk	Yahool Special Chips Day! Nacho Cheese Doritos		
HOT VEG	Veggie Garden Burger		Grilled Cheese Sandwich		Pizza Triangles	Rosy Ravioli & 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 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
Week IV	Monday, 02/02/2026	Tuesday, 02/03/2026	Wednesday, 02/04/2026	Thursday, 02/05/2026	Friday, 02/06/2026
HOT MEAL	Premium Chicken Nuggets Mix or Match sauce Ketchup & Lime Mayo Soft Sweet Potato Sticks Assorted Salad Bar & Fruit Juice WG Dinner Roll, Daily Fruit & Choice Milk	Cheeseburger Bun, Chz Slice & Ketchup Potato Smiles Assorted Salad Bar & Fruit Juice Daily Fruit & Choice Milk	Alfredo Penne Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk Woohoo! Special Treat Day! Confetti Cookie	Pulled Chicken Taco Seasoned Pulled Chicken Taco, WG Tortilla Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Crema Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk
HOT VEG	Pizza Crunchers	French Bread	Veggie Garden Nuggets w/ Ketchup & WG Roll	Bean & Cheese Pupusa	Fresh Hot Cheese Pizza
Week V	Monday, 02/09/2026	Tuesday, 02/10/2026	Wednesday, 02/11/2026		
HOT MEAL	Crispy Chicken Tenders Ketchup & Ranch Dip Potato Stix w/ Ketchup Assorted Salad Bar & Daily Fruit WG Roll, Fruit Juice & Choice Milk	Penne Pasta w/ Spaghetti Meatballs Marinara Meatballs served with WG Buttered Penne Top with Shred Mozzarella (Served on side) w/ Warm Toast Assorted Salad Bar & Daily Fruit Fruit Juice & Choice Milk	Sweet & Sour Chicken Steamed Rice Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk		
HOT VEG	Mac & Cheese Bites w/ Ranch	Cheese Quesadilla	Bean & Chz Burrito w/ Salsa		