

FEBRUARY 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 IV	Monday, 02/02/2026	Tuesday, 02/03/2026	Wednesday, 02/04/2026	Thursday, 02/05/2026	Friday, 02/06/2026
	Premium Chicken Nuggets	Cheeseburger	Alfredo Penne	Pulled Chicken Taco	Fresh Hot Delivered Pizza
	Ketchup	Bun, Chz Slice & Ketchup	Assorted Salad Bar	Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Cheddar Cheese & Mild Salsa	Assorted Salad Bar
	Mashed Potatoes	Potato Smiles	Daily Fruit		Daily Fruit
	Assorted Salad Bar & Daily Fruit	Assorted Salad Bar	Choice Milk	Assorted Salad Bar	Choice Milk
Week V	WG Roll & 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 VI	Monday, 02/09/2026	Tuesday, 02/10/2026	Wednesday, 02/11/2026	Thursday, 02/12/2026	Friday, 02/13/2026
	Crispy Chicken Tenders	Penne Pasta w/ Spaghetti Meatballs	Sweet & Sour Chicken	Premium Corn Dog	Fresh Hot Delivered Pizza
	Ketchup	Marinara Meatballs served with WG Buttered Penne	Steamed Rice	WG Chicken Corn Dog Served with Ketchup	Assorted Salad Bar
	Assorted Salad Bar	Top with Shred Mozzarella (Served on side)	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit
	Daily Fruit	Assorted Salad Bar	Daily Fruit	Daily Fruit & Choice Milk	Choice Milk
Week VII	WG Roll & Choice Milk	Daily Fruit & Choice Milk	Choice Milk	Hooray! Special Chips Day! Cool Ranch Doritos	
	HOT VEG	Mac & Cheese Bites w/ Ranch	Cheese Quesadilla	Bean & Chz Burrito w/ Salsa	Veggie Garden Burger
					Fresh Hot Cheese Pizza
Week VIII	Monday, 2/16/2026	Tuesday, 2/17/2026	Wednesday, 2/18/2026	Thursday, 2/19/2026	Friday, 2/20/2026
	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
	WG Roll, Daily Fruit & Choice Milk	Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie		Choice Milk	
	HOT VEG	Pizza Egg Rolls	Cheese Bites w/ Italian Dip	Cheese Croissant Sandwich	Bean & Cheese Pupusa w/ Salsa
Week IX	Monday, 2/23/2026	Tuesday, 2/24/2026	Wednesday, 2/25/2026	Thursday, 2/26/2026	Friday, 2/27/2026
	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	Warm Street Corn	Daily Fruit
	Daily Fruit	Assorted Salad Bar	Daily Fruit & Choice Milk	Assorted Salad Bar	Choice Milk
Week X	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

National School Breakfast Week (March 2-6 2026)

National School Breakfast Week (NSBW), celebrated March 2-6, highlights the importance of the School Breakfast Program and encourages students to start their day with a nutritious meal. This year's theme, "The Quest for School Breakfast," invites schools to promote healthy habits through fun activities, posters, and social media resources. A balanced breakfast helps students stay focused, energized, and healthy while reducing the risk of obesity. NSBW also honors the dedicated food service professionals who make these meals possible, while reminding us that breakfast is the first step towards a successful day.

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

This menu is 100% pork-free.

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.

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)					MARCH 2026
	TASTY	HEALTHY	FUN	VARIETY	BALANCED
Week II	Monday, 03/02/2026	Tuesday, 03/03/2026	Wednesday, 03/04/2026	Thursday, 03/05/2026	Friday, 03/06/2026
	All Beef Hot Dog Hot Dog Bun, Ketchup	Twin Faves Day Chicken Nuggets w/ Ketchup	Beef Taco Seasoned Beef Taco, WG Tortilla	Chicken Tender Shack Chicken Tenders, WG Bun & Coleslaw	Fresh Hot Delivered Pizza Assorted Salad Bar
	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	
Week III	HOT VEG Chz Breadsticks w/ Italian Dip	Mac & Cheese Bites w/ Ranch	Veggie Garden Nuggets w/ Ketchup & WG Roll	Pizza Egg Rolls	Fresh Hot Cheese Pizza
	Monday, 03/09/2026	Tuesday, 03/10/2026	Wednesday, 03/11/2026	Thursday, 03/12/2026	Friday, 03/13/2026
	Roasted Chicken Drumstick Mashed Potatoes	Buttermilk Pancakes & Colby Cheese Omelet Syrup PC	Hot Italian Beef Meatball Sub Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately)	Sweet & Sour Chicken Veggie Fried Rice	Fresh Hot Delivered Pizza 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! Nachos Cheese Doritos
	Veggie Garden Burger	Grilled Cheese Sandwich	Pizza Triangles	Rosy Ravioli w/ WG Roll	Fresh Hot Cheese Pizza