

## FEBRUARY 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 IV <b>HOT MEAL</b>	Monday, 02/02/2026	Tuesday, 02/03/2026	Wednesday, 02/04/2026	Thursday, 02/05/2026	Friday, 02/06/2026
	<b>Premium Chicken Nuggets</b> Mix or Match sauce Ketchup & Lime Mayo Mashed Potatoes Assorted Salad Bar & Fruit Juice WG Dinner Roll, Daily Fruit & Choice Milk	<b>Cheeseburger</b> Bun, Chz Slice & Ketchup Potato Smiles Assorted Salad Bar & Fruit Juice Daily Fruit & Choice Milk	<b>Alfredo Penne</b> Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk Woohoo! Special Treat Day! Confetti Cookie	<b>Pulled Chicken Taco</b> 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	<b>Fresh Hot Delivered Pizza</b> 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
	Monday, 02/09/2026	Tuesday, 02/10/2026	Wednesday, 02/11/2026	Thursday, 02/12/2026	Friday, 02/13/2026
	<b>Crispy Chicken Tenders</b> Ketchup & Ranch Dip Assorted Salad Bar Daily Fruit WG Roll, Fruit Juice & Choice Milk	<b>Penne Pasta w/ Spaghetti Meatballs</b> 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	<b>Sweet &amp; Sour Chicken</b> Steamed Rice Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk	<b>Premium Corn Dog</b> WG Chicken Corn Dog Served with Ketchup Assorted Salad Bar & Daily Fruit Fruit Juice & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk
Week V <b>HOT MEAL</b>	HOT VEG	Mac & Cheese Bites w/ Ranch	Cheese Quesadilla	Bean & Chz Burrito w/ Salsa	Veggie Garden Burger
	Monday, 2/16/2026	Tuesday, 2/17/2026	Wednesday, 2/18/2026	Thursday, 2/19/2026	Friday, 2/20/2026
	<b>Popcorn Chicken &amp; Cheesy Hashbrowns</b> Popcorn Chicken w/ Ketchup Creamy Cheesy Hashbrowns Assorted Salad Bar & Daily Fruit WG Roll, Fruit Juice & Choice Milk	<b>Classic Hamburger</b> WG Bun , Pickles & Ketchup Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie	<b>Brunch Lunch</b> French Toast Sticks w/ Syrup PC Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk	<b>Walking Taco</b> Nacho Doritos, Seasoned Beef Taco Fill with Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce Assorted Salad Bar & Daily Fruit Fruit Juice & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk
	HOT VEG	Pizza Egg Rolls	Cheese Bites w/ Italian Dip	Cheese Croissant Sandwich	Bean & Cheese Pupusa w/ Salsa
	Monday, 2/23/2026	Tuesday, 2/24/2026	Wednesday, 2/25/2026	Thursday, 2/26/2026	Friday, 2/27/2026
Week VI <b>HOT MEAL</b>	<b>Premium Chicken Patty Sandwich</b> WG Bun, Ketchup Assorted Salad Bar Chilled Potato Salad Daily Fruit, Fruit Juice & Choice Milk	<b>Fun Brunch</b> Chicken Pancake Bites w/ Syrup Potato Stix w/ Ketchup Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk	<b>Beef Pretzel Dog</b> Served with Ketchup Assorted Salad Bar Daily Fruit (1 Cup Eq) & Choice Milk Yahoo! Special Chips Day! Baked Cheetos	<b>Fun Trip Beef Taco Snax</b> Salsa Steamed Street Corn Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk
	HOT VEG	Cheese Quesadilla	Grilled Cheese Sandwich	Three Cheese Corn Enchilada	French Bread
	Monday, 2/28/2026	Tuesday, 2/29/2026	Wednesday, 3/01/2026	Thursday, 3/02/2026	Friday, 3/03/2026
	<b>National School Breakfast Week (March 2-6 2026)</b>				
	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 &amp; milk.

This menu is 100% pork-free.

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.

### 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
	<b>All Beef Hot Dog</b> Hot Dog Bun, Ketchup & Mustard Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	<b>Twin Faves Day</b> Chicken Nuggets w/ Ketchup Mac & Cheese WG Roll   Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk	<b>Beef Burrito Wrap</b> Seasoned Beef Taco, WG Tortilla Fill the taco with Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce Assorted Salad Bar, Daily Fruit (1 Cup Eq) & Choice Milk Veggie Garden Nuggets w/ Ketchup & WG Roll	<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, Fruit Juice & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk Pizza Egg Rolls Fresh Hot Cheese Pizza
	<b>Cheese Breadsticks w/Italian Dip</b>	<b>Mac &amp; Cheese Bites w/ Ranch</b>			
	Monday, 03/09/2026	Tuesday, 03/10/2026	Wednesday, 03/11/2026	Thursday, 03/12/2026	Friday, 03/13/2026
	<b>Breaded Chicken Drumstick</b> Hearty Dinner Roll w/ Butter Mashed Potatoes Assorted Salad Bar & Fruit Juice Daily Fruit & Choice Milk	<b>Buttermilk Pancakes &amp; Colby Cheese Omelet</b> Syrup PC Assorted Salad Bar Daily Fruit & Fruit Juice Choice Milk	<b>Hot Italian Beef Meatball Sub</b> Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately) Assorted Salad Bar Daily Fruit (1 Cup Eq) WG Garlic Roll, Choice Milk	<b>Sweet &amp; Sour Chicken</b> Veggie Fried Rice Assorted Salad Bar Daily Fruit & Fruit Juice Choice Milk	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk Yahoo! Special Chips Day! Nachos Cheese Doritos Rosy Ravioli & WG Roll Fresh Hot Cheese Pizza
Week III	<b>Veggie Garden Burger</b>	<b>Grilled Cheese Sandwich</b>	<b>Pizza Triangles</b>		