

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

		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	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, W6 Tortilla	Assorted Salad Bar
		Mashed Potatoes	Potato Smiles	Daily Fruit (1 Cup Eq)	Fill the taco with Shred Lettuce, Shred Cheddar Cheese & Crema	Daily Fruit (1 Cup Eq)
		Assorted Salad Bar & Fruit Juice	Assorted Salad Bar & Fruit Juice	Choice Milk	Assorted Salad Bar	Choice Milk
		W6 Dinner Roll, Daily Fruit & Choice Milk	Daily Fruit & Choice Milk	Woohoo! Special Treat Day! Confetti Cookie	Daily Fruit,Fruit Juice & Choice Milk	
HOT VEG		Pizza Crunchers	French Bread	Veggie Garden Nuggets w/ Ketchup & W6 Roll	Bean & Cheese Pupusa	Fresh Hot Cheese Pizza
Week V	HOT MEAL	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 & Ranch Dip	Marinara Meatballs served with W6 Buttered Penne	Steamed Rice	W6 Chicken Corn Dog Served with Ketchup	Assorted Salad Bar
		Assorted Salad Bar	Top with Shred Mozzarella (Served on side) w/ Warm Toast	Assorted Salad Bar	Assorted Salad Bar & Daily Fruit	Daily Fruit (1 Cup Eq)
		Daily Fruit	Assorted Salad Bar & Daily Fruit	Daily Fruit (1 Cup Eq)	Fruit Juice & Choice Milk	Choice Milk
W6 Roll, Fruit Juice & Choice Milk	Fruit Juice & 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 VI	HOT MEAL	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	W6 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
W6 Roll, Fruit Juice & Choice Milk	Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie	Choice Milk	Fruit Juice & Choice Milk			
HOT VEG		Pizza Egg Rolls	Cheese Bites w/ Italian Dip	Cheese Croissant Sandwich	Bean & Cheese Pupusa w/ Salsa	Fresh Hot Cheese Pizza
Week I	HOT MEAL	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
		W6 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	Yahoo! 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

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.

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)					
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	Twin Faves 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	Monday, 03/09/2026	Tuesday, 03/10/2026	Wednesday, 03/11/2026	Thursday, 03/12/2026	Friday, 03/13/2026
	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	Yahoo! Special Chips Day! Nacho Cheese Doritos
HOT VEG	Veggie Garden Burger	Grilled Cheese Sandwich	Pizza Triangles	Rosy Ravioli & WG Roll	Fresh Hot Cheese Pizza