



**MARCH 2026**

<b>TASTY</b>	<b>HEALTHY</b>	<b>FUN</b>	<b>VARIETY</b>	<b>BALANCED</b>
--------------	----------------	------------	----------------	-----------------

Name of the menu :Parnassus Preparatory School Grades 5-8 Lunch Menu  
 Grade : K-8 Grades  
 Options : Hot& Hot Vegetarian Meals  
 Meal Pattern : NSLP

	Monday, 03/02/2026	Tuesday, 03/03/2026	Wednesday, 03/04/2026	Thursday, 03/05/2026	Friday, 03/06/2026	
<b>Week II</b>	<b>HOT MEAL</b>					
	<b>All Beef Hot Dog</b> Hot Dog Bun, Ketchup Assorted Salad Bar Daily Fruit & Choice Milk <b>Hooray! Special Chips Day! Cool Ranch Doritos</b>	<b>Twin Faues Day</b> <b>Chicken Nuggets w/ Ketchup</b> <b>Mac &amp; Cheese</b> Assorted Salad Bar Daily Fruit & Choice Milk	<b>Beef Taco</b> Seasoned Beef Taco, WG Tortilla Fill the taco with Shred Cheddar Cheese & Salsa Assorted Salad Bar Daily Fruit & Choice Milk	<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 Choice Milk	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit Choice Milk	
	<b>HOT VEG</b>					
	<b>Chz Breadsticks w/ Italian Dip</b>	<b>Mac &amp; Cheese Bites w/ Ranch</b>	<b>Veggie Garden Nuggets w/ Ketchup &amp; WG Roll</b>	<b>Cheese Stuffed Hot Pocket w/ Dip</b>	<b>Fresh Hot Cheese Pizza</b>	

	Monday, 03/09/2026	Tuesday, 03/10/2026	Wednesday, 03/11/2026	Thursday, 03/12/2026	Friday, 03/13/2026	
<b>Week III</b>	<b>HOT MEAL</b>					
	<b>Roasted Chicken Drumstick</b> Mashed Potatoes WG Dinner Roll Assorted Salad Bar Daily Fruit & Choice Milk	<b>Buttermilk Pancakes &amp; Colby Cheese Omelet</b> Syrup PC Assorted Salad Bar Daily Fruit Choice Milk	<b>Hot Italian Beef Meatball Sub</b> Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately) Assorted Salad Bar Daily Fruit Choice Milk	<b>Sweet &amp; Sour Chicken</b> Veggie Fried Rice Assorted Salad Bar Daily Fruit Choice Milk	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit Choice Milk <b>Yahoo! Special Chips Day! Nacho Cheese Doritos</b>	
	<b>HOT VEG</b>					
	<b>Veggie Garden Burger</b>	<b>Grilled Cheese Sandwich</b>	<b>Pizza Triangles</b>	<b>Rosy Ravioli &amp; WG Roll</b>	<b>Fresh Hot Cheese Pizza</b>	

	Monday, 3/16/2026	Tuesday, 3/17/2026	Wednesday, 3/18/2026	Thursday, 3/19/2026	Friday, 3/20/2026	
<b>Week IV</b>	<b>HOT MEAL</b>					
	<b>Premium Chicken Nuggets</b> Ketchup Mashed Potatoes Assorted Salad Bar & Daily Fruit WG Roll & Choice Milk	<b>Cheeseburger</b> Bun, Chz Slice & Ketchup Potato Smiles Assorted Salad Bar Daily Fruit & Choice Milk	<b>Alfredo Penne</b> Assorted Salad Bar Daily Fruit Choice Milk <b>Woohoo! Special Treat Day! Confetti Cookie</b>	<b>Pulled Chicken Taco</b> Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Cheddar Cheese & Mild Salsa Assorted Salad Bar Daily Fruit & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit Choice Milk	
	<b>HOT VEG</b>					
	<b>Pizza Crunchers</b>	<b>French Bread</b>	<b>Veggie Garden Nuggets w/ Ketchup</b>	<b>Bean &amp; Cheese Pupusa w/ Salsa</b>	<b>Fresh Hot Cheese Pizza</b>	

	Monday, 3/23/2026	Tuesday, 3/24/2026	Wednesday, 3/25/2026	Thursday, 3/26/2026	Friday, 3/27/2026	
<b>Week V</b>	<b>HOT MEAL</b>					
	<b>Crispy Chicken Tenders</b> Ketchup Assorted Salad Bar Daily Fruit WG Roll & Choice Milk	<b>Penne Pasta w/ Spaghetti Meatballs</b> Marinara Meatballs served with WG Buttered Penne Top with Shred Mozzarella (Served on side) Assorted Salad Bar Daily Fruit & Choice Milk	<b>Sweet &amp; Sour Chicken</b> Steamed Rice Assorted Salad Bar Daily Fruit Choice Milk	<b>Premium Corn Dog</b> WG Chicken Corn Dog Served with Ketchup Assorted Salad Bar Daily Fruit & Choice Milk <b>Hooray! Special Chips Day! Cool Ranch Doritos</b>	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit Choice Milk	
	<b>HOT VEG</b>					
	<b>Mac &amp; Cheese Bites w/ Ranch</b>	<b>Cheese Quesadilla</b>	<b>Bean &amp; Chz Burrito w/ Salsa</b>	<b>Veggie Garden Burger</b>	<b>Fresh Hot Cheese Pizza</b>	

	Monday, 3/30/2026	Tuesday, 3/31/2026
<b>Week VI</b>	<b>HOT MEAL</b>	
	<b>Popcorn Chicken &amp; Cheesy Hashbrowns</b> Popcorn Chicken w/ Ketchup Creamy Cheesy Hashbrowns Assorted Salad Bar WG Roll, Daily Fruit & Choice Milk	<b>Classic Hamburger</b> WG Bun , Pickles & Ketchup Assorted Salad Bar Daily Fruit & Choice Milk <b>Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie</b>
	<b>HOT VEG</b>	
	<b>Pizza Egg Rolls</b>	<b>Cheese Bites w/ Italian Dip</b>

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

Assorted Fluid Milk / Fluid Milk Substitute Choices offered.

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)			APRIL 2026		
		TASTY	HEALTHY	FUN	VARIETY	BALANCED	
Week VI	HOT MEAL				Wednesday, 04/01/2026	Thursday, 04/02/2026	Friday, 04/03/2026
	HOT VEG				<b>Brunch Lunch</b> French Toast Sticks w/ Syrup PC Assorted Salad Bar Daily Fruit Choice Milk Cheese Croissant Sandwich	<b>Walking Taco</b> Nacho Doritos, Seasoned Beef Taco Fill with Taco Rice, Shred Lettuce, Shred Cheddar Cheese & Mild Salsa Assorted Salad Bar & Daily Fruit Choice Milk Bean & Cheese Pupusa w/ Salsa	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit Choice Milk Fresh Hot Cheese Pizza
Week I	HOT MEAL	Monday, 04/06/2026	Tuesday, 04/07/2026	Wednesday, 04/08/2026	Thursday, 04/09/2026	Friday, 04/10/2026	
	HOT VEG	<b>Premium Chicken Patty Sandwich</b> WG Bun & Ketchup Assorted Salad Bar Daily Fruit Choice Milk Cheese Quesadilla	<b>Fun Brunch</b> Chicken Pancake Bites w/ Syrup Potato Stix w/ Ketchup Assorted Salad Bar Daily Fruit & Choice Milk Grilled Cheese Sandwich	<b>Beef Pretzel Dog</b> Served with Ketchup Assorted Salad Bar Daily Fruit & Choice Milk Yahoo! Special Chips Day! Baked Cheetos Three Cheese Corn Enchilada	<b>Fun Trip Beef Taco Snax</b> Salsa Warm Street Corn Assorted Salad Bar Daily Fruit & Choice Milk French Bread	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit Choice Milk Fresh Hot Cheese Pizza	