



**MARCH 2026**

<b>TASTY</b>	<b>HEALTHY</b>	<b>FUN</b>	<b>VARIETY</b>	<b>BALANCED</b>
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Name of the menu :Parnassus Preparatory School Grades 9-12 Lunch Menu  
 Grade : 9-12 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 & Mustard Assorted Salad Bar Daily Fruit, Fruit Juice & 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> 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, Fruit Juice & 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, Fruit Juice & Choice Milk	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk	
	<b>Hot Veg</b>		<b>Hot Veg</b>		<b>Hot Veg</b>	
	Cheese Breadsticks w/Italian Dip		Mac & Cheese Bites w/ Ranch		Veggie Garden Nuggets w/ Ketchup & WG Roll	

	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>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, Fruit Juice 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 <b>Yahoo! Special Chips Day! Nacho Cheese Doritos</b>	
	<b>Hot Veg</b>		<b>Hot Veg</b>		<b>Hot Veg</b>	
	Veggie Garden Burger		Grilled Cheese Sandwich		Pizza Triangles	

	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> 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, Fruit Juice Choice Milk <b>Woohoo! Special Treat Day! Confetti Cookie</b>	<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	
	<b>Hot Veg</b>		<b>Hot Veg</b>		<b>Hot Veg</b>	
	Pizza Crunchers		French Bread		Veggie Garden Nuggets w/ Ketchup & WG Roll	

	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 & 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) Assorted Salad Bar & Daily Fruit Fruit Juice & Choice Milk	<b>Sweet &amp; Sour Chicken</b> Steamed Rice Assorted Salad Bar Daily Fruit, Fruit Juice Choice Milk	<b>Premium Corn Dog</b> WG Chicken Corn Dog Served with Ketchup Assorted Salad Bar & Daily Fruit Fruit Juice & Choice Milk <b>Hooray! Special Chips Day! Cool Ranch Doritos</b>	<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk	
	<b>Hot Veg</b>		<b>Hot Veg</b>		<b>Hot Veg</b>	
	Mac & Cheese Bites w/ Ranch		Cheese Quesadilla		Bean & Chz Burrito w/ Salsa	

	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 & 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 <b>Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie</b>
	<b>Hot Veg</b>	
	Pizza Egg Rolls	Cheese Bites w/ Italian Dip

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

Assorted Fluid Milk / Fluid Milk Substitute Choices offered.

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)		APRIL 2026				
		TASTY	HEALTHY	FUN	VARIETY	BALANCED
		Monday, 04/06/2026		Wednesday, 04/01/2026	Thursday, 04/02/2026	Friday, 04/03/2026
Week VI	HOT MEAL			<b>Brunch Lunch</b> French Toast Sticks w/ Syrup PC Assorted Salad Bar Daily Fruit, Fruit Juice 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			Cheese Croissant Sandwich	Bean & Cheese Pupusa w/ Salsa	Fresh Hot Cheese Pizza
		Monday, 04/06/2026	Tuesday, 04/07/2026	Wednesday, 04/08/2026	Thursday, 04/09/2026	Friday, 04/10/2026
Week I	HOT MEAL	<b>Premium Chicken Patty Sandwich</b> W/G 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, Fruit Juice & 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	Fresh Hot Cheese Pizza