

**APRIL 2026**

**TASTY**

**HEALTHY**

**FUN**

**VARIETY**

**BALANCED**

Name of the menu :Parnassus Preparatory School Grades 9-12 Lunch Menu  
Grade : 9-12 Grades

Options : Hot& Hot Vegetarian Meals  
Meal Pattern : NSLP

		Wednesday, 4/1/2026	Thursday, 4/2/2026	Friday, 4/3/2026
Week VI	HOT MEAL	<b>Brunch Lunch</b>  French Toast Sticks w/ Syrup PC  Assorted Salad Bar  Daily Fruit, Fruit Juice  Choice Milk  Cheese Croissant Sandwich	<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  Bean & Cheese Pupusa w/ Salsa	<b>Fresh Hot Delivered Pizza</b>  Assorted Salad Bar  Daily Fruit (1 Cup Eq)  Choice Milk  Fresh Hot Cheese Pizza
	HOT VEG			

		Monday, 4/6/2026	Tuesday, 4/7/2026	Wednesday, 4/8/2026	Thursday, 4/9/2026	Friday, 4/10/2026
Week I	HOT MEAL	<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, Fruit Juice & Choice Milk  Yahoo! Special Chips Day! Baked Cheetos	<b>Fun Trio 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  Fresh Hot Cheese Pizza
	HOT VEG					

		Monday, 4/13/2026	Tuesday, 4/14/2026	Wednesday, 4/15/2026	Thursday, 4/16/2026	Friday, 4/17/2026
Week II	HOT MEAL	<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 Favas 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, Fruit Juice & 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  Fresh Hot Cheese Pizza
	HOT VEG					

		Monday, 4/20/2026	Tuesday, 4/21/2026	Wednesday, 4/22/2026	Thursday, 4/23/2026	Friday, 4/24/2026
Week III	HOT MEAL	<b>Breaded Chicken Drumstick</b>  Hearty Dinner Roll w/ Butter  Mashed Potatoes  Assorted Salad Bar & Fruit Juice  Daily Fruit & Choice Milk	<b>Chicken Hash</b>  Shredded Chicken & Hashbrowns Bake  Top with Sour Cream & Shred Cheddar  Corn Loaf, Assorted Salad Bar & Fruit Juice  Daily Fruit & 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  Yahoo! Special Chips Day! Nacho Cheese Doritos
	HOT VEG					

		Monday, 4/27/2026	Tuesday, 4/28/2026	Wednesday, 4/29/2026	Thursday, 4/30/2026
Week IV	HOT MEAL	<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>Creamy Mac &amp; Cheese</b>  Assorted Salad Bar  Daily Fruit, Fruit Juice  WG Roll & 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
	HOT VEG				

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)

**MAY 2026**

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Week IV	HOT MEAL	Friday, 5/1/2026				
		<b>Fresh Hot Delivered Pizza</b> Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk Fresh Hot Cheese Pizza				
HOT	VEG					

	Monday, 5/4/2026	Tuesday, 5/5/2026	Wednesday, 5/6/2026	Thursday, 5/7/2026	Friday, 5/8/2026	
Week V	HOT MEAL	<b>Crispy Chicken Tenders</b>	<b>Penne Pasta w/ Spaghetti Meatballs</b>	<b>Sweet &amp; Sour Chicken</b>	<b>Premium Corn Dog</b>	<b>Fresh Hot Delivered Pizza</b>
		Ketchup & Ranch Dip	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 (1 Cup Eq)
		Daily Fruit	Assorted Salad Bar & Daily Fruit	Daily Fruit, Fruit Juice	Fruit Juice & Choice Milk	Choice Milk
HOT	WG Roll, Fruit Juice & Choice Milk	Fruit Juice & Choice Milk	Choice Milk	<b>Hooray! Special Chips Day! Cool Ranch Doritos</b>		
VEG	Mac & Cheese Bites w/ Ranch	Cheese Quesadilla	Bean & Chz Burrito w/ Salsa	Veggie Garden Burger	Fresh Hot Cheese Pizza	

	Monday, 5/11/2026	Tuesday, 5/12/2026	
Week VI	HOT MEAL	<b>Popcorn Chicken &amp; Cheesy Hashbrowns</b>	<b>Classic Hamburger</b>
		Popcorn Chicken w/ Ketchup	WG Bun , Pickles & Ketchup
		Creamy Cheesy Hashbrowns	Assorted Salad Bar
		Assorted Salad Bar & Daily Fruit	Daily Fruit, Fruit Juice & Choice Milk
HOT	WG Roll, Fruit Juice & Choice Milk	<b>Woohoo! Special Treat Day! Brownie Chocolate Chip Cookie</b>	
VEG	Grilled Cheese Sandwich	Cheese Bites w/ Italian Dip	