

MAY 2026

TASTY	HEALTHY	FUN	VARIETY	BALANCED
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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

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

Monday, 5/4/2026		Tuesday, 5/5/2026		Wednesday, 5/6/2026		Thursday, 5/7/2026		Friday, 5/8/2026		
Week V	HOT MEAL	Crispy Chicken Tenders Ketchup & Ranch Dip Assorted Salad Bar Daily Fruit WG Roll, Fruit Juice & Choice Milk	Penne Pasta w/ Spaghetti Meatballs Marinara Meatballs served with WG Buttered Penne Top with Shred Mozzarella (Served on side) Assorted Salad Bar & Daily Fruit Fruit Juice & Choice Milk	Sweet & Sour Chicken Steamed Rice Assorted Salad Bar Daily Fruit, Fruit Juice Choice Milk	Premium Corn Dog WG Chicken Corn Dog Served with Ketchup Assorted Salad Bar & Daily Fruit Fruit Juice & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk				
	HOT 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		Wednesday, 5/13/2026		Thursday, 5/14/2026		Friday, 5/15/2026		
Week VI	HOT MEAL	Popcorn Chicken & Cheesy Hashbrowns Popcorn Chicken w/ Ketchup Creamy Cheesy Hashbrowns Assorted Salad Bar & Daily Fruit WG Roll, Fruit Juice & Choice Milk	Classic Hamburger WG Bun , Pickles & Ketchup Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk Woohool Special Treat Day! Brownie Chocolate Chip Cookie	Brunch Lunch French Toast Sticks w/ Syrup PC Assorted Salad Bar Daily Fruit, Fruit Juice Choice Milk	Walking Taco 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	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk				
	HOT VEG	Grilled Cheese Sandwich	Cheese Bites w/ Italian Dip	Cheese Croissant Sandwich	Bean & Cheese Pupusa w/ Salsa	Fresh Hot Cheese Pizza				

Monday, 5/18/2026		Tuesday, 5/19/2026		Wednesday, 5/20/2026		Thursday, 5/21/2026		Friday, 5/22/2026		
Week I	HOT MEAL	Premium Chicken Patty Sandwich WG Bun, Ketchup Assorted Salad Bar Chilled Potato Salad Daily Fruit, Fruit Juice & Choice Milk	Fun Brunch Chicken Pancake Bites w/ Syrup Potato Stix w/ Ketchup Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk	Beef Pretzel Dog Served with Ketchup Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk Yahoo! Special Chips Day! Baked Cheetos	Fun Trio Beef Taco Snax Salsa Steamed Street Corn Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk				
	HOT VEG	Cheese Quesadilla	Grilled Cheese Sandwich	Pizza Triangles	French Bread	Fresh Hot Cheese Pizza				

Monday, 5/25/2026		Tuesday, 5/26/2026		Wednesday, 5/27/2026		Thursday, 5/28/2026		Friday, 5/29/2026		
Week II	HOT MEAL	All Beef Hot Dog Hot Dog Bun, Ketchup & Mustard Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk Hooray! Special Chips Day! Cool Ranch Doritos	Twin Favas Day Chicken Nuggets w/ Ketchup Mac & Cheese WG Roll Assorted Salad Bar Daily Fruit, Fruit Juice & Choice Milk	Beef Burrito Wrap 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	Chicken Tender Shack 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	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk				
	HOT VEG	Cheese Breadsticks w/Italian Dip	Mac & Cheese Bites w/ Ranch	Veggie Garden Nuggets w/ Ketchup & WG Roll	Cheese Stuffed Hot Pocket w/ Dip	Fresh Hot Cheese Pizza				

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)

JUNE 2026

		TASTY	HEALTHY	FUN	VARIETY	BALANCED
		Monday, 6/1/2026	Tuesday, 6/2/2026	Wednesday, 6/3/2026	Thursday, 6/4/2026	Friday, 6/5/2026
Week III	HOT MEAL	Breaded Chicken Drumstick Hearty Dinner Roll w/ Butter Mashed Potatoes Assorted Salad Bar & Fruit Juice Daily Fruit & Choice Milk	Chicken Hash Shredded Chicken & Hashbrowns Bake Top with Sour Cream & Shred Cheddar Corn Loaf, Assorted Salad Bar & Fruit Juice Daily Fruit & Choice Milk	Hot Italian Beef Meatball Sub Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately) Assorted Salad Bar Daily Fruit, Fruit Juice WG Garlic Roll, Choice Milk	Sweet & Sour Chicken Veggie Fried Rice Assorted Salad Bar Daily Fruit & Fruit Juice Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit (1 Cup Eq) Choice Milk Yahoo! Special Chips Day! Nacho Cheese Doritos
	HOT VEG	Veggie Garden Burger	Buttermilk Pancakes & Omelet	Pizza Triangles	Rosy Ravioli & WG Roll	Fresh Hot Cheese Pizza
		Monday, 6/8/2026	Tuesday, 6/9/2026	Wednesday, 6/10/2026	Thursday, 6/11/2026	
Week IV	HOT MEAL	Premium Chicken Nuggets Mix or Match sauce Ketchup & Lime Mayo Mashed Potatoes Assorted Salad Bar & Fruit Juice WG Dinner Roll, Daily Fruit & Choice Milk	Cheeseburger Bun, Chz Slice & Ketchup Potato Smiles Assorted Salad Bar & Fruit Juice Daily Fruit & Choice Milk	Creamy Mac & Cheese Assorted Salad Bar Daily Fruit, Fruit Juice WG Roll & Choice Milk Woohoo! Special Treat Day! Confetti Cookie	Pulled Chicken Taco 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	Pizza Crunchers	French Bread	Veggie Garden Nuggets w/ Ketchup & WG Roll	Bean & Cheese Pupusa	