



OCTOBER 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		
Week II				Thursday, 10/1/2026	Friday, 10/2/2026
				Pulled Chicken Taco Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce Seasoned BlackBeans & Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk Veggie Garden Nuggets w/ Ketchup & Dinner Roll	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit,Juice Box Choice Milk Fresh Hot Cheese Pizza
Week III	Monday, 10/5/2026	Tuesday, 10/6/2026	Wednesday, 10/7/2026	Thursday, 10/8/2026	Friday, 10/9/2026
	Brunch Lunch Buttermilk Pancakes w/ Syrup Colby Cheese Omelet Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk	Chicken Tender Wrap WG Tortilla, Shred Cheese, Boom Sauce Assorted Salad Bar Daily Fruit & Potato Salad Juice Box & Choice Milk	Glazed Beef Meatballs Steamed Rice Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	Roasted Chicken Drumstick Mashed Potatoes & WG Roll Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk Yahoo! Special Chips Day! Hot Cheetos	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit,Juice Box Choice Milk Fresh Hot Cheese Pizza
Week IV	Monday, 10/12/2026	Tuesday, 10/13/2026	Wednesday, 10/14/2026	Thursday, 10/15/2026	Friday, 10/16/2026
	Battered Corn Dog WG Chicken Corn Dog served with Ketchup Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk Hooray! Special Chips Day! Flamas	Twin Faves Day Chicken Nuggets w/ Ketchup Mac & Cheese WG Roll Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk	Zeus Frito Crunch Greek Style Seasoned Beef, Yellow Rice, Fritos, Tzatziki Sauce Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	BBQ Teriyaki Chicken Steamed Rice Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit,Juice Box Choice Milk Fresh Hot Cheese Pizza
Week V	Monday, 10/19/2026	Tuesday, 10/20/2026	Wednesday, 10/21/2026	Thursday, 10/22/2026	Friday, 10/23/2026
	Big Bite Pop-Chicken & Mashed Potatoes Popcorn Chicken w/ Ketchup & Mayo Mashed Potatoes & WG Roll Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk	Cheeseburger Bun, Chz Slice,Ketchup & Mayo Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	Chicken Tenders w/ Mix & Match Sauce Ketchup, Fry-Yay Sauce Assorted Salad Bar Daily Fruit, Juice Box WG Roll & Choice Milk	Sweet & Sour Chicken Steamed Rice Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit,Juice Box Choice Milk Yahoo! Special Chips Day! Nacho Cheese Doritos
Week VI	Monday, 10/26/2026	Tuesday, 10/27/2026	Wednesday, 10/28/2026	Thursday, 10/29/2026	Friday, 10/30/2026
	Premium Chicken Nuggets Ketchup Tater Tots w/ Ketchup Assorted Salad Bar WG Roll, Daily Fruit, Juice Box & Choice Milk	All Beef Hot Dog Served with Ketchup Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk Yahoo! Special Treat Day! Confetti Cookie	Brunch Lunch French Toast Sticks w/ Syrup Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	Walking Taco Nacho Doritos, Seasoned Beef Taco Fill with Mexican Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk	Fresh Hot Delivered Pizza Assorted Salad Bar Daily Fruit,Juice Box Choice Milk 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 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 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)					
NOVEMBER 2026					
	TASTY	HEALTHY	FUN	VARIETY	BALANCED
Week I					
HOT MEAL					
Monday, 11/2/2026					
Tuesday, 11/3/2026					
Wednesday, 11/4/2026					
Thursday, 11/5/2026					
Friday, 11/6/2026					
Chicken Patty Sandwich					
Waffles & Turkey Sausage					
Hot Italian Beef Meatball Sub					
Sweet & Sour Chicken					
Fresh Hot Delivered Pizza					
WG Bun & Ketchup					
Maple Waffles w/ Syrup					
Marinara Meatballs, WG Sub, Mozzarella Cheese (Served Separately)					
Steamed Rice					
Assorted Salad Bar					
Turkey Sausage Patties					
Potato Wedges					
Assorted Salad Bar					
Daily Fruit, Juice Box & Choice Milk					
Assorted Salad Bar					
Daily Fruit, Juice Box & Choice Milk					
Assorted Salad Bar					
Daily Fruit, Juice Box & Choice Milk					
Choice Milk					
Hooray! Special Chips Day! Cool Ranch Doritos					
Daily Fruit, Juice Box & Choice Milk					
Choice Milk					
HOT VEG					
Veggie Breaded Patty Sandwich					
Maple Waffles w/ Syrup, Yogurt & Roasted Honey Sunflower seeds					
Cheese Breadsticks w/ Dip					
Veggie Bengali Nugget Wrap					
Fresh Hot Cheese Pizza					
Week II					
HOT MEAL					
Monday, 11/9/2026					
Tuesday, 11/10/2026					
Wednesday, 11/11/2026					
PopMax Chicken & Creamy Cheesy Hashbrowns					
Classic Hamburger					
Creamy Mac & Cheese					
Popcorn Chicken w/ Ketchup					
WG Bun, Pickles & Ketchup					
Assorted Salad Bar					
Creamy Cheesy Hashbrowns					
Assorted Salad Bar					
Daily Fruit, Juice Box					
Assorted Salad Bar					
Daily Fruit, Juice Box					
WG Roll, Daily Fruit, Juice Box & Choice Milk					
Choice Milk					
Garlic Toast & Choice Milk					
Wooahoo! Special Treat Day! Brownie Chocolate Chip Cookie					
HOT VEG					
BYO Maple Waffle, Egg Patty, Veggie Sausage & Cheese Sandwich					
South West Bean & Chz Burrito w/ Ranch					
Mini Pizza Triangles					