

NOVEMBER 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

		Monday, 11/2/2026	Tuesday, 11/3/2026	Wednesday, 11/4/2026	Thursday, 11/5/2026	Friday, 11/6/2026
Week I	HOT MEAL	Chicken Patty Sandwich	Waffles & Chicken 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
		Assorted Salad Bar	Chicken Sausage Patties	Potato Wedges	Assorted Salad Bar	Daily Fruit,Juice Box
		Daily Fruit, Juice Box & Choice Milk	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit, Juice Box	Choice Milk
		Hooray! Special Chips Day! Cool Ranch Doritos	Daily Fruit, Juice Box & Choice Milk	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	

		Monday, 11/9/2026	Tuesday, 11/10/2026	Wednesday, 11/11/2026	Thursday, 11/12/2026	Friday, 11/13/2026
Week II	HOT MEAL	PopMax Chicken & Creamy Cheesy Hashbrowns	Classic Hamburger	Creamy Mac & Cheese	Pulled Chicken Taco	Fresh Hot Delivered Pizza
		Popcorn Chicken w/ Ketchup	WG Bun , Pickles & Ketchup	Assorted Salad Bar	Seasoned Pulled Chicken Taco served with WG Tortilla, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce	Assorted Salad Bar
		Creamy Cheesy Hashbrowns	Assorted Salad Bar	Daily Fruit, Juice Box	Seasoned BlackBeans & Assorted Salad Bar	Daily Fruit,Juice Box
		Assorted Salad Bar	Daily Fruit, Juice Box	Garlic Toast	Daily Fruit, Juice Box & Choice Milk	Choice Milk
		WG Roll, Daily Fruit, Juice Box & Choice Milk	Choice Milk	Choice Milk	Daily Fruit, Juice Box & Choice Milk	
HOT VEG	BYO Bagel , Egg Patty,Veggie Sausage & Cheese Sandwich	SouthWest Bean & Chz Burrito w/Ranch	Mini Pizza Triangles	Veggie Garden Nuggets w/ Ketchup & Dinner Roll	Fresh Hot Cheese Pizza	

		Monday, 11/16/2026	Tuesday, 11/17/2026	Wednesday, 11/18/2026	Thursday, 11/19/2026	Friday, 11/20/2026
Week III	HOT MEAL	Brunch Lunch	Chicken Tender Wrap	Glazed Beef Meatballs	Roasted Chicken Drumstick	Fresh Hot Delivered Pizza
		Buttermilk Pancakes w/ Syrup	WG Tortilla, Shred Cheese, Boom Sauce	Steamed Rice	Mashed Potatoes & WG Roll	Assorted Salad Bar
		Colby Cheese Omelet	Assorted Salad Bar	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit,Juice Box
		Assorted Salad Bar	Daily Fruit & Potato Salad	Daily Fruit, Juice Box	Daily Fruit, Juice Box & Choice Milk	Choice Milk
		Daily Fruit, Juice Box & Choice Milk	Juice Box & Choice Milk	Choice Milk	Yahoo! Special Chips Day! Hot Cheetos	
HOT VEG	Grilled Cheese Sandwich	Pizza Quesadilla	Cheese Breadsticks w/ Dip	Veggie Garden Cheeseburger	Fresh Hot Cheese Pizza	

		Monday, 11/23/2026	Tuesday, 11/24/2026	Wednesday, 11/25/2026	Thursday, 11/26/2026	Friday, 11/27/2026
Week IV	HOT MEAL	Battered Corn Dog	Twin Faves Day	Zeus Frito Crunch	BBQ Teriyaki Chicken	Fresh Hot Delivered Pizza
		WG Chicken Corn Dog served with Ketchup	Chicken Nuggets w/ Ketchup	Greek Style Seasoned Beef, Yellow Rice, Fritos, Tzatziki Sauce	Steamed Rice	Assorted Salad Bar
		Assorted Salad Bar	Mac & Cheese WG Roll	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit,Juice Box
		Daily Fruit, Juice Box & Choice Milk	Assorted Salad Bar	Daily Fruit, Juice Box	Daily Fruit, Juice Box	Choice Milk
		Hooray! Special Chips Day! Flamas	Daily Fruit, Juice Box & Choice Milk	Choice Milk	Choice Milk	
HOT VEG	Cheese Stuffed Hot Pocket w/ Dip	Mac & Cheese Bites w/ Ranch	Greek Style Egg Scramble Nacho	Veggie Nuggets w/ WG Roll	Fresh Hot Cheese Pizza	

		Monday, 11/30/2026
Week V	HOT MEAL	Big Bite Pop-Chicken & Mashed Potatoes
		Popcorn Chicken w/ Ketchup & Mayo
		Mashed Potatoes & WG Roll
		Assorted Salad Bar
		Daily Fruit, Juice Box & Choice Milk
HOT VEG	Veggie Breaded Patty Sandwich	

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

Assorted Fluid Milk / Fluid Milk Substitute Choices offered.

This menu is 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)					
DECEMBER 2026					
	TASTY	HEALTHY	FUN	VARIETY	BALANCED
Week V	Tuesday, 12/1/2026				
	Wednesday, 12/2/2026				
	Thursday, 12/3/2026				
	Friday, 12/4/2026				
HOT MEAL		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
HOT VEG		Pizza Crunchers	SouthWest Bean & Chz Burrito w/Ranch	Pizza Triangles	Fresh Hot Cheese Pizza
Week VI	Monday, 12/7/2026				
	Tuesday, 12/8/2026				
	Wednesday, 12/9/2026				
	Thursday, 12/10/2026				
HOT MEAL	Hot Honey Chicken Nuggets Hot Honey Sauce, Ketchup Dinner Roll WG Roll Assorted Salad Bar Daily Fruit, Juice Box & Choice Milk	All Beef Hot Dog Served with Ketchup Assorted Salad Bar Daily Fruit, Juice Box Choice Milk	Brunch Lunch French Toast Sticks w/ Syrup Tater Tots w/ Ketchup 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
HOT VEG	Cheese Breadsticks w/ Dip	Veggie Garden Burger	Grilled Cheese Sandwich	Egg Scramble Walking Taco	Fresh Hot Cheese Pizza