

NOVEMBER 2026

TASTY

HEALTHY

FUN

VARIETY

BALANCED

Name of the menu :Parnassus Preparatory School Grades 5-8 Lunch Menu

Options : Hot& Hot Vegetarian Meals

Grade : K-8 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 & Chciken 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	Chciken Sausage Patty	Potato Wedges	Assorted Salad Bar	Daily Fruit
		Daily Fruit & Choice Milk	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit	Choice Milk
		Hooray! Special Chips Day! Cool Ranch Doritos	Daily Fruit & Choice Milk	Daily Fruit & Choice Milk	Choice Milk	
HOT VEG	Veggie Breaded Patty Sandwich	Maple Waffles w/ Syrup & Yogurt	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	Seasoned Black Beans, Assorted Salad Bar	Daily Fruit
		Assorted Salad Bar	Daily Fruit	Garlic Toast	Daily Fruit & Choice Milk	Choice Milk
		WG Roll , Daily Fruit & Choice Milk	Choice Milk	Choice Milk		
HOT VEG	BYO Bagel, 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
		Assorted Salad Bar	Daily Fruit	Daily Fruit	Daily Fruit & Choice Milk	Choice Milk
		Daily Fruit & Choice Milk	Choice Milk	Choice Milk	Yahoo! Special Chips Day! Baked 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, Fritos, Yellow Rice & Tzatziki Sauce	Steamed Rice	Assorted Salad Bar
		Assorted Salad Bar	Mac & Cheese	Assorted Salad Bar	Assorted Salad Bar	Daily Fruit
		Daily Fruit & Choice Milk	Assorted Salad Bar	Daily Fruit	Daily Fruit	Choice Milk
		Hooray! Special Chips Day! Cool Ranch Doritos	Daily Fruit & 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
		Mashed Potatoes & WG Roll
		Assorted Salad Bar
		Daily Fruit & 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	HOT MEAL	Tuesday, 12/1/2026		Wednesday, 12/2/2026	Thursday, 12/3/2026	Friday, 12/4/2026	
		Cheeseburger		Chicken Tenders w/ Mix & Match Sauce	Sweet & Sour Chicken	Fresh Hot Delivered Pizza	
		Bun, Chz Slice & Ketchup		Ketchup, Fry-Yay Sauce	Steamed Rice	Assorted Salad Bar	
		Assorted Salad Bar		Assorted Salad Bar	Assorted Salad Bar	Daily Fruit	
		Daily Fruit		Daily Fruit	Daily Fruit	Choice Milk	
	Choice Milk		WG Roll & Choice Milk	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	HOT MEAL	Monday, 12/7/2026		Tuesday, 12/8/2026	Wednesday, 12/9/2026	Thursday, 12/10/2026	Friday, 12/11/2026
		Hot Honey Chicken Nuggets		All Beef Hot Dog	Brunch Lunch	Walking Taco	Fresh Hot Delivered Pizza
		Hot Honey Sauce, Ketchup Dinner Roll		Served with Ketchup	French Toast Sticks w/ Syrup	Nacho Doritos, Seasoned Beef Taco	Assorted Salad Bar
		WG Roll		Assorted Salad Bar	Tater Tots w/ Ketchup	Fill with Mexican Rice, Shred Lettuce, Shred Cheddar Cheese & Hot Sauce	Daily Fruit
		Assorted Salad Bar		Daily Fruit	Assorted Salad Bar	Assorted Salad Bar	Choice Milk
	Daily Fruit & Choice Milk		Choice Milk	Daily Fruit & Choice Milk	Daily Fruit & Choice Milk		
HOT VEG		Buttermilk Pancakes & Omelet	Veggie Garden Burger	Grilled Cheese Sandwich	Egg Scramble Walking Taco	Fresh Hot Cheese Pizza	