

**Parish Hill Middle/High School**  
**September/October 2022**

**Student Lunch: Free!** (\$3.25 if second lunch is purchased)

**Milk .50** (if purchased separately from a school meal)


meal)

**Grab and Go Breakfast** is available daily starting at 7:30am: Free!

**Adult Lunch: \$4.00**

(There will be a \$20.00 fee for any returned checks)

*\*Menu is subject to change\**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
26 Grilled Cheese Sandwich w/ Cream of Chicken Soup & Crackers  Choice of Fruit	27 Choice of Cheese, Pepperoni, Buffalo/Bacon, or Broccoli Calzone w/ Garden Salad Choice of Fruit	28 Southwest Burrito (chicken, cheese, rice, salsa) w/ Corn  Choice of Fruit	29 Popcorn Chicken w/ Macaroni & Cheese & Green Beans  Choice of Fruit	30 Cheese Quesadilla w/ Refried Beans  Choice of Fruit
3 Pancakes w/Sausage Links & Hash Brown Patty Choice of Fruit	4 Choice of Cheese, Pepperoni, Buffalo Chicken, or Broccoli pizza w/ Caesar Salad Choice of Fruit	5 Fish Filet Sandwich (cheese & tartar sauce) w/ Curly Fries Choice of Fruit	6 Rotini Pasta (with or without meat sauce) w/ Garlic Stick & Veggies Choice of Fruit	7 No School 
10 No School 	11 Choice of Cheese, Pepperoni, Buffalo/Bacon, or Broccoli Calzone w/ Broccoli Choice of Fruit	12 Taco Bar (beef, cheese, lettuce, salsa, tortilla chips) w/ Refried Beans Choice of Fruit	13 Chicken Nuggets w/ Seasoned Noodles & Corn Choice of Fruit	14 Build a Burger (cheese, lettuce, tomato, & onion) w/ Fries Choice of Fruit
17 Chicken Parmesan Sandwich w/ Green Beans Choice of Fruit	18 Choice of Cheese, Pepperoni, Buffalo Chicken, or Veggie pizza w/ Garden Salad Choice of Fruit	19 Southwest Burrito (chicken, cheese, rice, salsa) w/ Corn Choice of Fruit	20 Teriyaki Chicken Bowl w/ Rice and Peppers Choice of Fruit	21 Cheese Quesadilla w/ Refried Beans Choice of Fruit
24 Grilled Cheese w/ Tomato Soup & Crackers Choice of Fruit	25 Choice of Cheese, Pepperoni, Buffalo/Bacon, or Broccoli Calzone w/ Caesar Salad	26 Shepherds Pie (beef, gravy, mashed potatoes, corn) w/ Dinner Roll Choice of Fruit	27 Chicken Tenders w/ Seasoned Noodles & Mixed Veggies Choice of Fruit	28 Pancakes w/ Sausage Links & Hash Brown Patty Choice of Fruit

**Friendly Reminders:**

Parish Hill will offer **FREE** breakfast and lunch for **ALL** students for the beginning of the 2022-2023 school year.

Please note: funds that are allowing us to provide free meals will not last the whole school year.

\*Snacks are available for purchase every day.

Be sure that any money or checks being sent in has your name and lunch ID on it.

\*Sandwiches are available daily as an alternate lunch option

\*Fresh Salads may be pre-ordered

Please visit the school website, [parishhill.org](http://parishhill.org) for more information.

Always feel free to contact me with any questions or concerns!

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