

## Parish Hill Middle/High School

February 2023

**Student Lunch: \$3.25 (\$ .40 cents reduced price)**

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

**Student Breakfast: \$1.50 (\$ .30 cents reduced price)**

**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
		1 Taco Bar (beef, cheese, lettuce, salsa, sour cream, tortilla chips) w/ Refried Beans  Choice of Fruit	2 Chicken Nuggets w/ Mashed Potatoes & Dinner Roll  Choice of Fruit	3 Choice of Crunchy Fish Sticks or Cheese Quesadilla w/ Curly Fries  Choice of Fruit
6 Southwest Burrito (chicken, cheese, salsa, rice) w/ Corn  Choice of Fruit	7 Pizza (cheese, pepperoni, buffalo chicken, or veggie) w/ Broccoli  Choice of Fruit	8 Pasta (with or without meat sauce) & Garden Salad  Choice of Fruit	9 Popcorn Chicken w/ Rice & Green Beans  Choice of Fruit	10 Hot Dog on a Bun (chili & cheese) w/ Baked Beans  Choice of Fruit
13 Waffles w/ Hash Brown Patty & Sausage Links  Choice of Fruit	14 Calzone (cheese, pepperoni, buffalo/bacon, or broccoli) w/ Caesar Salad  Choice of Fruit	15 Macaroni and Cheese w/ Broccoli  Choice of Fruit	16 Chicken Tenders w/ Tater Tots & Garlic Stick  Choice of Fruit	17 No School 
20 No School 	21 No School  Winter Break	22 Pizza (cheese, pepperoni, buffalo chicken, or broccoli) w/ Mixed veggies Choice of Fruit	23 Taco Bar (beef, cheese, lettuce, salsa, tortilla chips) w/ Refried Beans Choice of Fruit	24 Grilled Cheese Sandwich w/ Soup & Crackers  Choice of Fruit
27 Chicken Parmesan Sandwich w/ Green Beans Choice of Fruit	28 Calzone (cheese, pepperoni, buffalo/bacon, or broccoli) w/ Salad Choice of Fruit			

### Friendly Reminders:

**\*As most of you are aware, the free meal program has come to an end. If you are unsure of what your eligibility status is, please see Mrs. Haddad or myself and we can let you know if you qualify for free or reduced priced meals.**

**\*Please be sure that any checks being sent in have your name and lunch ID number on it. It is very important to keep your lunch account current. You may check your balance anytime on PowerSchool or in the Café.**

**\*Sandwiches are available daily as an alternate lunch choice**

**\*Fresh Salads may be pre-ordered**

**\*Snacks are available every day for purchase**

**\*Please check your balance with the cashier daily**

Jessica Texera

Food Service Director

[jtexera@chaplinschool.org](mailto:jtexera@chaplinschool.org)

860-455-9584

