

**Parish Hill Middle/High School
March 2023**


Student Lunch: Free! (\$3.25/second lunch)
Milk .50 (if purchased separately from a school meal)

Student Breakfast: Free! (\$1.50/second breakfast)

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 Calzone (cheese, pepperoni, buffalo/bacon, broccoli) w/ Garden Salad Choice of Fruit	2 Chicken Nuggets w/ Crinkle Cut Fries & Garlic Stick Choice of Fruit	3 No School 
6 Waffles w/ Sausage Links & Hash Brown Patty Choice of Fruit	7 Pizza (cheese, pepperoni, buffalo chicken, veggie) w/ Caesar salad Choice of Fruit	8 Chili Bar (beef chili, cheddar cheese sauce, tortilla chips) w/ Corn Choice of Fruit	9 Baked Macaroni and Cheese w/ Broccoli Choice of Fruit	10 Hot Dog (chili & cheese) w/ French Fries Choice of Fruit
13 Chicken Parmesan Sandwich w/ Curly Fries Choice of Fruit	14 Calzone (cheese, pepperoni, buffalo/bacon, broccoli) w/ Garden Salad Choice of Fruit	15 Southwest Burrito (chicken, cheese, salsa, rice) w/ Corn Fruit of the Day	16 Fish Filet Sandwich w/ Cheese w/ Tater Tots Fruit of the Day	17 Grilled Cheese w/ Tomato Soup & crackers Fruit of the Day
20 Popcorn Chicken w/ Baked Potato (butter & sour cream) w/ Green Beans Choice of Fruit	21 Pizza (cheese, pepperoni, buffalo chicken, broccoli) w/ Veggies Choice of Fruit	22 Taco Bar (beef, cheese, salsa, lettuce, sour cream, tortilla chips) w/ Refried beans Choice of Fruit	23 Chicken Tenders w/ Mashed Potatoes, Gravy & Dinner Roll Choice of Fruit	24 Sausage, Egg, and Cheese Sandwich w/ Hash Brown Patty Choice of Fruit
27 Choice of French Toast Sticks or Waffles w/ Sausage Links & Tater Tots Choice of Fruit	28 Calzone (cheese, pepperoni, buffalo/bacon, broccoli) w/ Mixed Veggies Choice of Fruit	29 Elbow Pasta (with or without meat sauce) w/ Caesar salad Choice of Fruit	30 Chicken Nuggets w/ Cheesy Rice & Corn Choice of Fruit	31 Cheese Quesadilla w/ Refried Beans Choice of Fruit

Attention Students:

Good News!!!

Starting March 1st 2023, School Meals will be FREE once again for ALL Students!!

Each student will be eligible for ONE free breakfast and ONE free lunch per school day until the end of the school year!

Snacks will continue to be available for purchase. As always, you must have funds to purchase these items. Please check your account balance with the cashier on a regular basis.

Be sure to grab a healthy school meal every day!!

Please contact me with any questions or concerns. Thank you!

Jessica Texera

Food Service Director

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