

**Parish Hill Middle/High School
May 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 | 2 | 3 | 4 | 5 |
| Southwest Burrito (chicken, cheese, rice, sour cream, salsa) w/ Corn Choice of Fruit | Calzone (cheese, pepperoni, buffalo/bacon, broccoli) w/ Garden Salad Choice of Fruit | Grilled Cheese Sandwich w/ Tomato Soup & Crackers Choice of Fruit | Baked Potato Bar (chili, cheese, sour cream) w/ Broccoli Choice of Fruit | Chicken Nuggets w/ Curly Fries, Green Beans & Dinner Roll Choice of Fruit |
| 8 | 9 | 10 | 11 | 12 |
| Turkey Melt on a Roll w/ French Fries Choice of Fruit | Pizza (cheese, pepperoni, buffalo chicken, veggie) w/ Mixed veggies Choice of Fruit | Taco Bar (beef, cheese, lettuce, sour cream, salsa, tortilla chips) w/ Refried Beans Choice of Fruit | Chicken Fajita Bowl w/ Sautéed Peppers & Rice Choice of Fruit | Hot Dog (chili & cheese) w/ Baked Beans & Pasta Salad Choice of Fruit |
| 15 | 16 | 17 | 18 | 19 |
| Chicken Parmesan Sandwich w/ Tater Tots Choice of Fruit | Calzone (cheese, pepperoni, buffalo/bacon, broccoli) w/ Garden Salad Choice of Fruit | Open Face Turkey Sandwich w/ Gravy, Mashed potatoes & Corn Choice of Fruit | Grilled Cheese Sandwich w/ Fritos & Dill Pickle Spear Choice of Fruit | Choice of Cheese Quesadilla or Cajun Fish Sticks w/ Refried Beans Choice of Fruit |
| 22 | 23 | 24 | 25 | 26 |
| Pancakes w/ Sausage Links & Hash Brown Patty Choice of Fruit | Pizza (cheese, pepperoni, buffalo chicken, broccoli) w/ Corn Choice of Fruit | Choice of Chicken or Beef Soft Taco (cheese, lettuce, salsa, sour cream) w/ Rice Choice of Fruit | Baked Macaroni and Cheese w/ Broccoli Choice of Fruit | Chicken Tenders w/ Mashed Potatoes, Green Beans & Garlic Stick Choice of Fruit |
| 29 | 30 | 31 | | |
|  | Calzone (cheese, pepperoni, buffalo/bacon, broccoli) w/ Salad Choice of Fruit | Elbow Pasta (with meat sauce) w/ Garden Salad & Dinner Roll Choice of Fruit |  |  |

Friendly Reminders:

As most of you are aware, school meals are 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! Be sure to grab a healthy school meal every day! 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.

Accounts MUST be paid in full before the end of the school year!!

Thank you!

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