

**Parish Hill Middle/High School
August/September 2023**

Student Lunch: \$3.25




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
21 	22 	23 Pizza (cheese, pepperoni, buffalo chicken, broccoli) w/ Caesar Salad Choice of Fruit	24 Chicken Nuggets w/ Fries, Corn & Dinner Roll Choice of Fruit	25 Grilled Cheese Sandwich w/ Fritos & Dill Pickle Spear Choice of Fruit
28 French Toast Sticks w/ Hash Brown Patty & Sausage Links Choice of Fruit	29 Calzone (cheese, pepperoni, buffalo/bacon, broccoli) w/ Garden Salad Choice of Fruit	30 Taco Bar (beef, cheese, lettuce, salsa, tortilla chips) w/ Refried Beans Choice of Fruit	31 Chicken Parmesan Sandwich w/ Green Beans Choice of Fruit	1 Hot Dog (chili & cheese) w/ Baked Beans Choice of Fruit
4 	5 Pizza (cheese, pepperoni, buffalo chicken, veggie) w/ Caesar Salad Choice of Fruit	6 Chicken Fingers w/ Mashed Potatoes, Gravy & Dinner Roll Choice of Fruit	7 Southwest Beef Burrito (cheese, peppers, salsa, lettuce) w/ Corn Choice of Fruit	8 Grilled Cheese Sandwich w/ Fritos & Dill Pickle Spear Choice of Fruit
11 Cheese Quesadilla w/ Rice & Corn Choice of Fruit	12 Calzone (cheese, pepperoni, buffalo/bacon, broccoli) w/ Garden Salad Choice of Fruit	13 Chicken & Ranch Wrap w/ Potato Wedges Choice of Fruit	14 Baked Macaroni and Cheese w/ Broccoli Choice of Fruit	15 Chicken Nuggets w/ Curly Fries & Garlic Bread Choice of Fruit
18 French Toast Sticks w/ Tater Tots & Sausage Links Choice of Fruit	19 Pizza (cheese, pepperoni, buffalo chicken, broccoli) w/ Caesar Salad Choice of Fruit	20 Taco Bar (beef, cheese, lettuce, salsa, tortilla chips) w/ Refried Beans Choice of Fruit	21 Chicken Parmesan Sandwich w/ Fries & Green Beans Choice of Fruit	22 Hot Dog (chili & cheese) w/ Tater Tots Choice of Fruit

Welcome Back!!

Breakfast will be Free for ALL students this school year!!

IMPORTANT: students who are eligible for reduced-priced meals will also receive lunch at no cost!! If you do not qualify for free/reduced meals, lunch will cost \$3.25. Please see Mrs. Haddad or Mrs. Texera if you need information on your lunch status.

Snacks are available for purchase daily. You must have funds to purchase these items. Please check your account balance with the cashier. Visit the school website, parishhill.org for more information.

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

Jessica Texera

Food Service Director

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