

November 2019

Lafourche Parish High Schools

| Monday | Tuesday | Wednesday | Thursday | Friday | | |
|--|--|---|---|---|---|---|
|  | <p>BREAKFAST PRICES: Elementary \$1.55 Middle \$1.55 High \$1.60 Reduced \$0.30 At Cost \$2.75</p> | | <p>LUNCH PRICES: Elementary \$1.65 Middle \$1.70 High \$2.10 Reduced \$0.40 At Cost \$4.50</p> | | <p>EXTRAS: Milk \$0.50 Bread \$0.50 4 oz Juice \$0.50 6.75 oz Juice \$0.50 Fruit/Vegetable \$0.50 Dessert \$0.50</p> <p>Entrees: Elementary \$1.25 High \$1.50</p> | <p>1 Turkey & Sausage Gumbo w/Rice, Potato Salad Steamed California Vegetables Crackers, Fruit Cocktail</p> <p>Fish & Cheese w/Bun Baked French Fries Lettuce/Tomato/Pickle Slices Fruit Cocktail Pudding</p> |
| | <p><u>Menus are subject to change as needed.</u> <u>Choice of milk is offered with every meal.</u></p> | | | | | |
| <p>4 Meatballs w/Rice & Gravy, Roll Broccoli & Cauliflower w/Cheese Salad, Pineapple w/Cherries</p> <p>Fish & Cheese w/Bun Raw Veggies w/Dressing Baked French Fries Pineapple w/Cherries</p> | <p>5 BBQ Chicken Baked Beans, Garlic Bread Raw Veggies w/Ranch Dressing Blushing Pears</p> <p>Hamburger w/Bun Baked Potato Wedges Lettuce/Tomato/Pickle Slices Blushing Pears Cookie</p> | <p>6 Potato Stew with Smoked Sausage & Brown Rice Green Beans, Garden Salad Apple</p> <p>Chicken Patty w/Bun Baked French Fries Carrot Sticks Apple</p> | <p>7 Lasagna Steamed Broccoli Garden Salad w/Carrots Garlic Bread, Pineapple w/Cherries</p> <p>Meat Pie Sweet Potato Fries Raw Veggies w/Ranch Dressing Pineapple w/Cherries</p> | <p>8 Shrimp Stew or Gumbo w/Rice Steamed California Vegetables Potato Salad, Beets, Wheat Roll Peaches</p> <p>Pizza Baked Potato Wedges Steamed California Vegetables Peaches Pudding</p> | | |
| <p>11 Smoked Sausage Red Beans w/Brown Rice Steamed Cabbage Cornbread, Peaches</p> <p>Chicken Quesadilla Lettuce/Tomato/Pickle Slices Steamed Cabbage Baked Chips Peaches</p> | <p>12 Meatloaf w/Brown Gravy Mashed Potatoes Steamed Corn, Biscuit Tossed Salad w/Carrots, Pineapple</p> <p>Pizza Baked French Fries Tossed Salad Pineapple</p> | <p>13 Baked Chicken Rice Dressing, Steamed Broccoli Coleslaw, Whole Wheat Roll Blushing Pears</p> <p>Chicken Patty w/Bun Baked Chips Lettuce/Tomato/Pickle Slices Steamed Broccoli Blushing Pears</p> | <p>14 Pork Stew w/Rice Steamed Lima Beans, Roll Lettuce w/Tomato Wedges Orange Slices</p> <p>Cheeseburger w/Bun Baked Potato Wedges Raw Veggies w/Ranch Dressing Orange Slices Cookie</p> | <p>15 Turkey & Sausage Gumbo w/Rice, Potato Salad Steamed California Vegetables Crackers, Fruit Cocktail</p> <p>Meat Pie Baked French Fries Raw Veggies w/Dressing Fruit Cocktail Pudding</p> | | |
| <p>18 Meat Sauce w/Whole Grain Spaghetti, Salad, Garlic Bread Steamed Broccoli & Cauliflower Chilled Peaches</p> <p>Hamburger w/Bun Lettuce/Tomato/Pickle Slices Baked French Fries Chilled Peaches Cookie</p> | <p>19 Baked Chicken Parsley Rice, Green Peas Tossed Salad w/Spinach Wheat Roll, Fruit Cocktail</p> <p>Meat Pie Baked Potato Wedges Raw Veggies w/Ranch Dressing Fruit Cocktail</p> | <p>20 Baked Turkey Rice Dressing, Wheat Roll Yams, Pineapple w/Cherries Apple Crisp</p> <p>Chicken Patty w/Bun Baked Chips Lettuce/Tomato/Pickle Slices Fresh Carrot Sticks Pineapple w/Cherries</p> | <p>21 Potato Stew with Smoked Sausage & Brown Rice Green Beans, Garden Salad Wheat Roll, Fresh Apple</p> <p>Four Meat Pizza Raw Veggies w/Ranch Dressing Fresh Apple</p> | <p>22 Fried Fish, White Beans w/Rice, Raw Veggies w/Dip Whole Wheat Roll Blushing Pears, Pudding</p> <p>Chicken Quesadilla Baked French Fries Raw Veggies Blushing Pears Pudding</p> | | |



Thanksgiving Holidays November 25, 2019 - November 29, 2019



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