



January 2020

Lafourche Parish Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>BREAKFAST PRICES:</u> Elementary \$1.55 Middle \$1.55 High \$1.60 Reduced \$0.30 At Cost \$2.75</p> <p><u>LUNCH PRICES:</u> Elementary \$1.65 Middle \$1.70 High \$2.10 Reduced \$0.40 At Cost \$4.50</p> <p><u>Menus are subject to change as needed.</u> <u>Choice of milk is offered with every meal.</u></p>				
<p>6 Breakfast Pizza Sliced Peaches Assorted Juices</p> <p>Smoked Sausage Red Beans w/Rice Steamed Cauliflower Cornbread Chilled Peaches</p>	<p>7 French Toast Sticks w/Syrup Chilled Pineapple Assorted Juices</p> <p>Meat Sauce w/Whole Grain Spaghetti Steamed California Vegetables Roll Applesauce</p>	<p>8 Assorted Cereal w/Toast Fruit Cocktail Assorted Juices</p> <p>Meatloaf w/Brown Gravy Mashed Potatoes Green Peas Whole Wheat Roll Fruit Cocktail</p>	<p>9 Sausage Links Toast w/Jelly Pears, Assorted Juices</p> <p>Pizza Steamed Corn Blushing Pears Chocolate Chip Cookie</p>	<p>10 Chocolate Chip Muffin Sliced Peaches Assorted Juices</p> <p>Fish Sticks Spaghetti & Cheese Seasoned Green Peas Whole Wheat Roll Chilled Pineapple</p>
<p>13 Pancakes or Waffles w/Syrup Pear Halves Assorted Juices</p> <p>Hot Dog w/Bun Chili Steamed Corn Chilled Peaches Cookie</p>	<p>14 Sausage Biscuit Peaches Assorted Juices</p> <p>Baked Chicken Parsley Rice Steamed Sliced Carrots Hot Roll Fruit Cocktail</p>	<p>15 Toaster Pastries Fruit Cocktail Assorted Juices</p> <p>Meat Sauce w/Whole Grain Spaghetti Steamed Broccoli w/Cheese Garden Salad, Whole Wheat Roll Pineapple Tidbits</p>	<p>16 Breakfast Pizza Pineapple Assorted Juices</p> <p>Potato Stew with Smoked Sausage & Brown Rice Seasoned Green Beans Whole Wheat Roll Mixed Fresh Fruit Salad</p>	<p>17 Cinnamon Roll Apple Assorted Juices</p> <p>Grilled Cheese Sandwich Steamed Mixed Vegetables Blushing Pears Cookie</p>
<p>20 </p>	<p>21 Professional Development Day</p>	<p>22 Sausage Biscuit Fruit Cocktail Assorted Juices</p> <p>Meat Pie Baked Potato Wedges Steamed Broccoli Fresh Apple Chocolate Chip Cookie</p>	<p>23 Pancake On A Stick w/Syrup Pears Assorted Juices</p> <p>Turkey & Sausage Gumbo w/Brown Rice Steamed California Vegetables Potato Salad, Crackers Fruit Cocktail</p>	<p>24 French Toast Sticks w/Syrup Fresh Fruit Assorted Juices</p> <p>Fish & Cheese w/Bun Baked French Fries Lettuce/Tomato/Pickle Slices Fresh Carrot Sticks Chilled Pears</p>
<p>27 Breakfast Pizza Sliced Peaches Assorted Juices</p> <p>Smoked Sausage Red Beans w/Rice Steamed Cabbage Cornbread Chilled Peaches</p>	<p>28 French Toast Sticks w/Syrup Chilled Pineapple Assorted Juices</p> <p>Sloppy Joe w/Bun Steamed Corn Carrot Sticks w/Ranch Dressing Blushing Pears Cookie</p>	<p>29 Assorted Cereal w/Toast Fruit Cocktail Assorted Juices</p> <p>Lasagna Green Salad w/Spinach Steamed Broccoli Hot Roll Fresh Fruit</p>	<p>30 Sausage Links Toast w/Jelly Pears, Assorted Juices</p> <p>Chicken Stew w/Rice Steamed Cauliflower Hot Roll Strawberry Applesauce Cookie</p>	<p>31 Chocolate Chip Muffin Fresh Fruit Assorted Juices</p> <p>Fish Sticks w/Bun Spaghetti & Cheese Tossed Salad Seasoned Green Beans Fruit Cocktail</p>

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