

November 2018



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><u>Menus are subject to change as needed.</u> <u>Choice of milk is offered with every meal.</u></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 Lasagna Steamed Broccoli Garden Salad w/Carrots Garlic Bread, Pineapple w/Cherries</p> <p>Meat Pie Sweet Potato Fries Raw Veggies w/Dip Pineapple w/Cherries</p>	<p>2 Shrimp Stew or Gumbo w/Rice Steamed California Vegetables Potato Salad, Beets, Wheat Roll Peaches</p> <p>Fish & Cheese w/Bun Baked Potato Wedges Steamed California Vegetables Peaches Pudding</p>
<p>5 Smoked Sausage Red Beans w/Brown Rice Steamed Cabbage Cornbread, Peaches</p> <p>Four Meat Pizza Steamed Corn Garden Salad Peaches</p>	<p>6 Meatsauce w/Whole Grain Spaghetti, Garlic Bread Steamed Broccoli, Mixed Salad Blushing Pears</p> <p>Meat Pie Baked French Fries Raw Broccoli & Cauliflower w/Dip Blushing Pears</p>	<p>7 Baked Chicken Mashed Potatoes, Sweet Peas Tossed Salad, Whole Wheat Roll Pineapple w/Cherries</p> <p>Spicy Chicken Patty w/Bun Lettuce/Tomato/Pickle Slices Sweet Peas, Baked Chips Pineapple w/Cherries</p>	<p>8 Beef Stew with Rice Steamed Carrots Garden Salad, Wheat Roll Apple</p> <p>Cheeseburger w/Bun Baked Potato Wedges Lettuce/Tomato/Pickle Slices Apple Cookie</p>	<p>9 Turkey & Sausage Jambalaya Steamed Corn Garden Salad w/Spinach Wheat Roll, Fruit Cocktail</p> <p>Fish & Cheese w/Bun Sweet Potato Fries Lettuce/Tomato/Pickle Slices Fruit Cocktail Pudding</p>
<p>12 Meatsauce w/Whole Grain Spaghetti, Salad, Garlic Bread Steamed Broccoli & Cauliflower Pineapple w/Cherries</p> <p>Hamburger w/Bun Lettuce/Tomato/Pickle Slices Baked French Fries Pineapple w/Cherries Cookie</p>	<p>13 Baked Chicken Parsley Rice, Green Peas Tossed Salad w/Spinach Wheat Roll, Fruit Cocktail</p> <p>Meat Pie Baked Potato Wedges Raw Veggies w/Dip Fruit Cocktail</p>	<p>14 Baked Turkey Rice Dressing, Wheat Roll Sweet Potato Yams Chilled Peaches, Apple Crisp</p> <p>Chicken Patty w/Bun Baked Chips Lettuce/Tomato/Pickle Slices Fresh Carrot Sticks Chilled Peaches</p>	<p>15 Potato Stew with Smoked Sausage & Brown Rice Green Beans, Garden Salad Wheat Roll, Fresh Apple</p> <p>Four Meat Pizza Raw Veggies Fresh Apple</p>	<p>16 Fried Fish, White Beans w/Rice, Raw Veggies w/Dip Whole Wheat Roll Blushing Pears, Pudding</p> <p>Chicken Quesadilla Sweet Potato Fries Lettuce/Tomato/Pickle Slices Blushing Pears Pudding</p>
<div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> </div> <div style="text-align: center;"> <h2>Thanksgiving Holidays November 19, 2018 - November 23, 2018</h2> </div> <div style="text-align: center;"> </div> </div>				
<p>26 Smoked Sausage Red Beans w/Brown Rice Steamed Cauliflower Cornbread, Peaches</p> <p>Four Meat Pizza Steamed Corn Garden Salad Peaches</p>	<p>27 Meatsauce w/Whole Grain Spaghetti, Garlic Bread Steamed Broccoli Blushing Pears</p> <p>Meat Pie Baked French Fries Steamed Broccoli Blushing Pears</p>	<p>28 Baked Chicken Mashed Potatoes, Sweet Peas Whole Wheat Roll Pineapple w/Cherries</p> <p>Spicy Chicken Patty w/Bun Seasoned Sweet Peas Pickle, Baked Chips Pineapple w/Cherries</p>	<p>29 Beef Stew with Rice Steamed Carrots Whole Wheat Roll Applesauce</p> <p>Cheeseburger w/Bun Baked Potato Wedges Pickle Slices Applesauce Cookie</p>	<p>30 Turkey & Sausage Jambalaya Steamed Corn Whole Wheat Roll Fruit Cocktail</p> <p>Fish & Cheese w/Bun Sweet Potato Fries Pickle Slices Fruit Cocktail Pudding</p>

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