


March 2019

Lafourche Parish High Schools

Monday	Tuesday	Wednesday	Thursday	Friday
<u>BREAKFAST PRICES:</u> Elementary \$1.55 Middle \$1.55 High \$1.60 Reduced \$0.30 At Cost \$2.75	<u>LUNCH PRICES:</u> Elementary \$1.65 Middle \$1.70 High \$2.10 Reduced \$0.40 At Cost \$4.50	<u>EXTRAS:</u> Milk \$0.50 Bread \$0.50 4 oz Juice \$0.50 6.75 oz Juice \$0.50 Fruit/Vegetable \$0.50 Dessert \$0.50		1 Shrimp Stew or Gumbo w/Rice Steamed California Vegetables Potato Salad, Beets, Wheat Roll Peaches Individual Pizza Baked Potato Wedges Steamed California Vegetables Peaches Pudding
<u>Menus are subject to change as needed.</u> <u>Choice of milk is offered with every meal.</u>		<u>Entrees:</u> Elementary \$1.25 High \$1.50		



Mardi Gras Holiday March 4, 2019 - March 8, 2019



11 Smoked Sausage Red Beans w/Brown Rice Steamed Cauliflower Cornbread, Peaches Four Meat Pizza Steamed Corn Peaches	12 Meatsauce w/Whole Grain Spaghetti, Garlic Bread Steamed Broccoli Blushing Pears Meat Pie Baked French Fries Steamed Broccoli Blushing Pears	13 Baked Chicken Mashed Potatoes, Green Beans Whole Wheat Roll Pineapple w/Cherries Spicy Chicken Patty w/Bun Seasoned Green Beans Pickle Slices Baked Chips Pineapple w/Cherries	14 Beef Stew w/Rice Steamed Carrots Whole Wheat Roll Applesauce w/Gelatin Cheeseburger w/Bun Baked Potato Wedges Pickle Slices Applesauce w/Gelatin Cookie	15 Turkey & Sausage Jambalaya Steamed Corn Whole Wheat Roll Fruit Cocktail Fish & Cheese w/Bun Sweet Potato Fries Pickle Slices Fruit Cocktail Pudding
18 Meatsauce w/Whole Grain Spaghetti, Garlic Bread Steamed Broccoli & Cauliflower Pineapple w/Cherries Hamburger w/Bun Pickle Slices Baked French Fries Pineapple w/Cherries Cookie	19 Baked Chicken Parsley Rice, Green Peas Whole Wheat Roll Fruit Cocktail Meat Pie Baked Potato Wedges Seasoned Green Peas Fruit Cocktail	20 Baked Ham Rice Dressing, Wheat Roll Sweet Potato Yams Chilled Peaches Chicken Patty w/Bun Baked Chips Lettuce/Tomato/Pickle Slices Fresh Carrot Sticks Chilled Peaches	21 Potato Stew with Smoked Sausage & Brown Rice Green Beans, Garden Salad Wheat Roll, Fresh Apple Four Meat Pizza Raw Veggies w/Ranch Dressing Fresh Apple	22 Fried Fish, White Beans w/Rice, Raw Veggies w/Dip Whole Wheat Roll Blushing Pears, Pudding Chicken Quesadilla Sweet Potato Fries Lettuce/Tomato/Pickle Slices Blushing Pears Pudding
25 Salisbury Steak w/Gravy Mashed Potatoes, Roll Broccoli & Cauliflower w/Cheese Salad, Pineapple w/Cherries Fish & Cheese w/Bun Raw Veggies w/Dressing Baked French Fries Pineapple w/Cherries	26 BBQ Chicken Baked Beans, Garlic Bread Raw Veggies w/Ranch Dressing Blushing Pears Hamburger w/Bun Baked Potato Wedges Lettuce/Tomato/Pickle Slices Blushing Pears Cookie	27 Potato Stew with Smoked Sausage & Brown Rice Green Beans, Garden Salad Apple Chicken Patty w/Bun Baked French Fries Carrot Sticks Apple	28 Lasagna Steamed Broccoli Garden Salad w/Carrots Garlic Bread, Pineapple w/Cherries Meat Pie Sweet Potato Fries Raw Veggies w/Dressing Pineapple w/Cherries	29 Shrimp Stew or Gumbo w/Rice Steamed California Vegetables Potato Salad, Beets, Wheat Roll Peaches Individual Pizza Baked Potato Wedges Steamed California Vegetables Peaches Pudding

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