

# October 2018

# Lafourche Parish High Schools

Monday	Tuesday	Wednesday	Thursday	Friday																				
<p><b>1</b></p> <p>Smoked Sausage Red Beans w/Brown Rice Steamed Cabbage Cornbread, Peaches</p> <p>Four Meat Pizza Steamed Corn Garden Salad Peaches</p>	<p><b>2</b></p> <p>Meatsauce w/Whole Grain Spaghetti, Garlic Bread Steamed Broccoli, Mixed Salad Blushing Pears</p> <p>Meat Pie Baked French Fries Raw Broccoli &amp; Cauliflower w/Dip Blushing Pears</p>	<p><b>3</b></p> <p>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><b>4</b></p> <p>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><b>5</b></p> <p>Turkey &amp; Sausage Jambalaya Steamed Corn Garden Salad w/Spinach Wheat Roll, Fruit Cocktail</p> <p>Fish &amp; Cheese w/Bun Sweet Potato Fries Lettuce/Tomato/Pickle Slices Fruit Cocktail Pudding</p>																				
	<p><b>9</b></p> <p><i>Professional Development Day</i></p>	<p><b>10</b></p> <p>Salisbury Steak w/Gravy Mashed Potatoes, Roll Broccoli &amp; Cauliflower w/Cheese Salad, Pineapple w/Cherries</p> <p>Individual Pizza Raw Veggies w/Dip Baked French Fries Pineapple w/Cherries</p>	<p><b>11</b></p> <p>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><b>12</b></p> <p>Shrimp Stew or Gumbo w/Rice Steamed California Vegetables Potato Salad, Beets, Wheat Roll Peaches</p> <p>Fish &amp; Cheese w/Bun Baked Potato Wedges Steamed California Vegetables Peaches Pudding</p>																				
<p><b>15</b></p> <p>Meatsauce w/Whole Grain Spaghetti, Salad, Garlic Bread Steamed Broccoli &amp; Cauliflower Pineapple w/Cherries</p> <p>Hamburger w/Bun Lettuce/Tomato/Pickle Slices Baked French Fries Pineapple w/Cherries Cookie</p>	<p><b>16</b></p> <p>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><b>17</b></p> <p>Baked Ham Rice Dressing, Wheat Roll Sweet Potato Yams Chilled Peaches</p> <p>Chicken Patty w/Bun Baked Chips Lettuce/Tomato/Pickle Slices Fresh Carrot Sticks Chilled Peaches</p>	<p><b>18</b></p> <p>Potato Stew with Smoked Sausage &amp; Brown Rice Green Beans, Garden Salad Wheat Roll, Fresh Apple</p> <p>Four Meat Pizza Raw Veggies Fresh Apple</p>	<p><b>19</b></p> <p>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>																				
<p><b>22</b></p> <p>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><b>23</b></p> <p>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><b>24</b></p> <p>Baked Chicken Rice Dressing, Steamed Broccoli Coleslaw, Whole Wheat Roll Blushing Pears</p> <p>BBQ Riblet w/Bun Baked Chips Lettuce/Tomato/Pickle Slices Steamed Broccoli Blushing Pears</p>	<p><b>25</b></p> <p>Pork Stew with Rice Steamed Lima Beans, Roll Lettuce w/Tomato Wedges Orange Slices</p> <p>Cheeseburger w/Bun Baked Potato Wedges Raw Veggies Orange Slices Cookie</p>	<p><b>26</b></p> <p>Turkey &amp; Sausage Gumbo w/Brown Rice, Potato Salad Steamed California Vegetables Crackers, Fruit Cocktail</p> <p>Meat Pie Baked French Fries Raw Veggies w/Dip Fruit Cocktail Pudding</p>																				
<p><b>29</b></p> <p>Salisbury Steak w/Gravy Mashed Potatoes, Roll Broccoli &amp; Cauliflower w/Cheese Salad, Pineapple w/Cherries</p> <p>Individual Pizza Raw Veggies w/Dip Baked French Fries Pineapple w/Cherries</p>	<p><b>30</b></p> <p>BBQ Chicken Baked Beans, Garlic Bread Raw Veggies w/Dip Blushing Pears</p> <p>Hamburger w/Bun Baked Potato Wedges Lettuce/Tomato/Pickle Slices Blushing Pears Cookie</p>	<p><b>31</b></p> <p>Potato Stew with Smoked Sausage &amp; Brown Rice Green Beans, Garden Salad Apple</p> <p>Chicken Patty w/Bun Baked French Fries Carrot Sticks Apple</p>	<p><b>BREAKFAST PRICES:</b></p> <table> <tr><td>Elementary</td><td>\$1.55</td></tr> <tr><td>Middle</td><td>\$1.55</td></tr> <tr><td>High</td><td>\$1.60</td></tr> <tr><td>Reduced</td><td>\$0.30</td></tr> <tr><td>At Cost</td><td>\$2.75</td></tr> </table> <p><b>LUNCH PRICES:</b></p> <table> <tr><td>Elementary</td><td>\$1.65</td></tr> <tr><td>Middle</td><td>\$1.70</td></tr> <tr><td>High</td><td>\$2.10</td></tr> <tr><td>Reduced</td><td>\$0.40</td></tr> <tr><td>At Cost</td><td>\$4.50</td></tr> </table> <p><b>Menus are subject to change as needed. Choice of milk is offered with every meal.</b></p>		Elementary	\$1.55	Middle	\$1.55	High	\$1.60	Reduced	\$0.30	At Cost	\$2.75	Elementary	\$1.65	Middle	\$1.70	High	\$2.10	Reduced	\$0.40	At Cost	\$4.50
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