

March 2020



Lafourche Parish High Schools

Monday	Tuesday	Wednesday	Thursday	Friday																																
<p>2 Smoked Sausage Red Beans w/Rice Steamed Cauliflower Cornbread, Peaches</p> <p>Four Meat Pizza Steamed Corn Peaches</p>	<p>3 Meat Sauce w/Whole Grain Spaghetti, Garlic Bread Steamed Broccoli Blushing Pears</p> <p>Meat Pie Baked French Fries Steamed Broccoli &amp; Cauliflower Blushing Pears</p>	<p>4 Baked Chicken Mashed Potatoes, Sweet Peas Whole Wheat Roll Pineapple w/Cherries</p> <p>Spicy Chicken Patty w/Bun Pickle Slices Seasoned Sweet Peas Baked Chips Pineapple w/Cherries</p>	<p>5 Beef Stew w/Rice Steamed Carrots Whole Wheat Roll Applesauce w/Gelatin</p> <p>Fish &amp; Cheese w/Bun Baked Potato Wedges Dill Pickle Applesauce w/Gelatin Pudding</p>	<p>6 Fried Fish, White Beans w/Rice, Hot Roll Steamed California Vegetables Fruit Cocktail</p> <p>Cheeseburger w/Bun Baked French Fries Pickle Slices Fruit Cocktail Cookie</p>																																
<p>9 Meatballs w/Rice &amp; Gravy, Roll Broccoli &amp; Cauliflower w/Cheese Pineapple w/Cherries</p> <p>Fish &amp; Cheese w/Bun Broccoli &amp; Cauliflower w/Cheese Baked French Fries Pineapple w/Cherries</p>	<p>10 BBQ Chicken Baked Beans, Garlic Bread Steamed Carrots Blushing Pears</p> <p>Chicken Patty w/Bun Baked Potato Wedges Steamed Carrots Blushing Pears</p>	<p>11 Lasagna Steamed Broccoli Garden Salad w/Carrots Garlic Bread, Fruit Cocktail</p> <p>Hamburger w/Bun Baked French Fries Lettuce/Tomato/Pickle Slices Fruit Cocktail Cookie</p>	<p>12 Potato Stew with Smoked Sausage &amp; Brown Rice Hot Roll, Seasoned Green Beans Garden Salad, Apple</p> <p>Meat Pie Sweet Potato Fries Raw Veggies w/Ranch Dressing Apple</p>	<p>13 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>16 Smoked Sausage Red Beans w/Brown Rice Steamed Cabbage Cornbread, Peaches</p> <p>Chicken Quesadilla Steamed Cabbage Baked Chips Peaches</p>	<p>17 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>18 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>19 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>20 Turkey &amp; Sausage Gumbo w/Rice, Potato Salad Steamed California Vegetables Crackers, Fruit Cocktail</p> <p>Fish &amp; Cheese w/Bun Baked French Fries Raw Veggies w/Dressing Fruit Cocktail Pudding</p>																																
<p>23 Meat Sauce 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>24 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>25 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>26 Potato Stew with Smoked Sausage &amp; Brown Rice Green Beans, Garden Salad Wheat Roll, Fresh Apple</p> <p>Four Meat Pizza Raw Veggies w/Ranch Dressing Fresh Apple</p>	<p>27 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>																																
<p>30 Smoked Sausage Red Beans w/Rice Steamed Cabbage Cornbread, Peaches</p> <p>Four Meat Pizza Steamed Corn Garden Salad Peaches</p>	<p>31 Baked Chicken Mashed Potatoes, Sweet Peas Tossed Salad, Whole Wheat Roll Pineapple w/Cherries</p> <p>Meat Pie Baked French Fries Raw Broccoli &amp; Cauliflower w/Ranch Dressing Blushing Pears</p>	<p><b>BREAKFAST PRICES:</b></p> <table border="0"> <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 border="0"> <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>EXTRAS:</b></p> <table border="0"> <tr><td>Milk</td><td>\$0.50</td></tr> <tr><td>Bread</td><td>\$0.50</td></tr> <tr><td>4 oz Juice</td><td>\$0.50</td></tr> <tr><td>6.75 oz Juice</td><td>\$0.50</td></tr> <tr><td>Fruit/Vegetable</td><td>\$0.50</td></tr> <tr><td>Dessert</td><td>\$0.50</td></tr> </table> <p><b>Entrees:</b> Elementary \$1.25 High \$1.50</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	Milk	\$0.50	Bread	\$0.50	4 oz Juice	\$0.50	6.75 oz Juice	\$0.50	Fruit/Vegetable	\$0.50	Dessert	\$0.50
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Menus are subject to change as needed.  
Choice of milk is offered with every meal.

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