


September 2017

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>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><i>Menus are subject to change as needed. Choice of milk is offered with every meal.</i></p>			<p>1</p> <p><i>Professional Development Day</i></p>
<p>4</p> <p>Labor Day Holiday</p> 	<p>5</p> <p>Salisbury Steak w/Gravy Mashed Potatoes, Roll Broccoli & Cauliflower w/Cheese Salad, Pineapple w/Cherries</p> <p>Individual Pizza or Hamburger w/Bun Raw Veggies w/Dip Baked French Fries Pineapple w/Cherries, Cookie</p>	<p>6</p> <p>Chicken Patty w/Bun Baked French Fries Carrot Sticks Apple</p> <p>Chicken Patty w/Bun or Pizza Baked French Fries Carrot Sticks Fresh Fruit</p>	<p>7</p> <p>Lasagna Steamed Broccoli Garden Salad w/Carrots Garlic Bread, Pineapple w/Cherries</p> <p>Buffalo Chicken Pizza or Meat Pie Sweet Potato Fries Raw Veggies w/Dip Blushing Pears</p>	<p>8</p> <p>Shrimp Stew or Gumbo w/Rice Potato Salad, Beets Whole Wheat Roll Peaches</p> <p>Tacos w/Fixings or Pre-Plated Salad w/Chicken Strips Crackers, Corn on the Cob Fruit Choice Pudding</p>
<p>11</p> <p>Smoked Sausage Red Beans w/Brown Rice Steamed Cabbage Cornbread, Peaches</p> <p>Roast Beef & Cheese Sub w/Lettuce/Tomato/Pickle Slices or Pizza Corn on the Cob Peaches</p>	<p>12</p> <p>Meatsauce w/Whole Grain Spaghetti, Steamed Broccoli Mixed Salad, Garlic Bread Blushing Pears</p> <p>Meat Pie or Chicken Quesadilla Baked French Fries Raw Broccoli & Cauliflower w/Dip Blushing Pears</p>	<p>13</p> <p>Baked Chicken Mashed Potatoes Sweet Peas, Tossed Salad Wheat Roll, Pineapple w/Cherries</p> <p>Four Meat Pizza or Spicy Chicken Patty w/Bun Lettuce/Tomato/Pickle Slices Sweet Peas, Baked Chips Pineapple w/Cherries</p>	<p>14</p> <p>Beef Stew with Rice Steamed Carrots Garden Salad, Wheat Roll Apple</p> <p>Chicken Caesar Salad w/Crackers or Cheeseburger w/Bun Baked Potato Wedges Lettuce/Tomato/Pickle Slices Apple</p>	<p>15</p> <p>Turkey & Sausage Pastalaya Steamed Corn Garden Salad w/Spinach Wheat Roll, Fruit Cocktail</p> <p>Fish & Cheese w/Bun or BBQ Riblet w/Bun Sweet Potato Fries Lettuce/Tomato/Pickle Slices Orange Slices, Pudding</p>
<p>18</p> <p>Meatsauce w/Whole Grain Spaghetti, Tossed Salad Steamed Broccoli & Cauliflower Garlic Bread, Pineapple w/Cherries</p> <p>Buffalo Chicken Pizza or Hamburger w/Bun Lettuce/Tomato/Pickle Slices Baked French Fries Pineapple w/Cherries, Cookie</p>	<p>19</p> <p>Baked Chicken Parsley Rice, Green Peas Tossed Salad w/Spinach Wheat Roll, Fruit Cocktail</p> <p>Meat Pie or Fish & Cheese w/Bun Baked Potato Wedges Raw Veggies w/Dip Fruit Cocktail</p>	<p>20</p> <p>Baked Ham Rice Dressing, Yams Whole Wheat Roll Chilled Peaches</p> <p>Chicken Patty w/Bun or Turkey & Cheese Sub Baked Chips, Carrot Sticks Lettuce/Tomato/Pickle Slices Fresh Fruit</p>	<p>21</p> <p>Potato Stew with Smoked Sausage & Brown Rice Green Beans, Garden Salad Wheat Roll, Fresh Fruit</p> <p>Meatball Sub, Baked Chips or Pre-Plated Salad w/Chicken Strips Crackers Raw Veggies Blushing Pears</p>	<p>22</p> <p>Fried Fish White Beans w/Rice Raw Veggies, Wheat Roll Blushing Pears, Pudding</p> <p>Fried Fish w/Bun or Ham & Cheese Sub Sweet Potato Fries Lettuce/Tomato/Pickle Slices Peaches, Pudding</p>
<p>25</p> <p>Smoked Sausage Red Beans w/Brown Rice Steamed Cabbage Cornbread, Peaches</p> <p>Chicken Quesadilla or Roast Beef & Cheese Sub Lettuce/Tomato/Pickle Slices Steamed Cabbage, Baked Chips Peaches</p>	<p>26</p> <p>Meatloaf w/Brown Gravy Mashed Potatoes, Steamed Corn Tossed Salad w/Carrots Biscuit, Pineapple</p> <p>Pizza or Chicken Nuggets & Bun Baked French Fries Tossed Salad Pineapple</p>	<p>27</p> <p>Baked Chicken Rice Dressing, Steamed Broccoli Coleslaw, Whole Wheat Roll Blushing Pears</p> <p>BBQ Riblet w/Bun or Turkey & Cheese Sub Baked Chips, Corn on the Cob Lettuce/Tomato/Pickle Slices Blushing Pears</p>	<p>28</p> <p>Pork Stew with Rice Steamed Lima Beans, Roll Lettuce w/Tomato Wedges Orange Slices</p> <p>Stuffed Crust Pizza or Cheeseburger w/Bun Baked Potato Wedges Raw Veggies Fruit Cocktail, Cookie</p>	<p>29</p> <p>Turkey & Sausage Gumbo w/Brown Rice, Potato Salad Steamed California Vegetables Crackers, Fruit Cocktail</p> <p>Buffalo Chicken Pizza or Meat Pie, Baked French Fries Raw Veggies w/Dip Blushing Pears Pudding</p>

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