


October 2017

Lafourche Parish High Schools

Monday	Tuesday	Wednesday	Thursday	Friday																																
2 Salisbury Steak w/Gravy Mashed Potatoes, Roll Broccoli & Cauliflower w/Cheese Salad, Pineapple w/Cherries Individual Pizza or Chicken Patty w/Bun Raw Veggies w/Dip Baked French Fries Pineapple w/Cherries	3 BBQ Chicken Baked Beans, Garlic Bread Raw Veggies w/Dip Blushing Pears Hamburger w/Bun or Fish & Cheese w/Bun Baked Potato Wedges Lettuce/Tomato/Pickle Slices Orange Slices, Cookie	4 Chicken Patty w/Bun Baked French Fries Carrot Sticks Apple Chicken Patty w/Bun or Pizza Baked French Fries Carrot Sticks Fresh Fruit	5 Lasagna Steamed Broccoli Garden Salad w/Carrots Garlic Bread, Pineapple w/Cherries Buffalo Chicken Pizza or Meat Pie Sweet Potato Fries Raw Veggies w/Dip Blushing Pears	6 <p style="text-align: center;"><i>Professional Development Day</i></p>																																
9  <p style="text-align: center;"><i>Fall Break</i></p>	10 Baked Chicken Parsley Rice, Green Peas Tossed Salad w/Spinach Wheat Roll, Fruit Cocktail Meat Pie or Fish & Cheese w/Bun Baked Potato Wedges Raw Veggies w/Dip Fruit Cocktail	11 Baked Ham Rice Dressing, Wheat Roll Sweet Potato Yams Chilled Peaches Chicken Patty w/Bun or Turkey & Cheese Sub Baked Chips, Carrot Sticks Lettuce/Tomato/Pickle Slices Fresh Fruit	12 Potato Stew with Smoked Sausage & Brown Rice Green Beans, Garden Salad Wheat Roll, Fresh Fruit Meatball Sub, Baked Chips or Pre-Plated Salad w/Chicken Strips Crackers Raw Veggies Blushing Pears	13 Fried Fish, White Beans w/Rice, Raw Veggies w/Dip Whole Wheat Roll Blushing Pears, Pudding Fried Fish w/Bun or Ham & Cheese Sub Sweet Potato Fries Lettuce/Tomato/Pickle Slices Peaches, Pudding																																
16 Smoked Sausage Red Beans w/Brown Rice Steamed Cabbage Cornbread, Peaches Roast Beef & Cheese Sub w/Lettuce/Tomato/Pickle Slices or Pizza Corn on the Cob Peaches	17 Meatsauce w/Whole Grain Spaghetti, Steamed Broccoli Mixed Salad, Garlic Bread Blushing Pears Meat Pie or Chicken Quesadilla Baked French Fries Raw Broccoli & Cauliflower w/Dip Blushing Pears	18 Baked Chicken Mashed Potatoes Sweet Peas, Tossed Salad Wheat Roll, Pineapple w/Cherries Four Meat Pizza or Spicy Chicken Patty w/Bun Lettuce/Tomato/Pickle Slices Sweet Peas, Baked Chips Pineapple w/Cherries	19 Beef Stew with Rice Steamed Carrots Garden Salad, Wheat Roll Apple Chicken Caesar Salad w/Crackers or Cheeseburger w/Bun Baked Potato Wedges Lettuce/Tomato/Pickle Slices Apple, Cookie	20 Turkey & Sausage Pastalaya Steamed Corn Garden Salad w/Spinach Wheat Roll, Fruit Cocktail Fish & Cheese w/Bun or BBQ Riblet w/Bun Sweet Potato Fries Lettuce/Tomato/Pickle Slices Orange Slices, Pudding																																
23 Salisbury Steak w/Gravy Mashed Potatoes, Roll Broccoli & Cauliflower w/Cheese Salad, Pineapple w/Cherries Individual Pizza or Chicken Patty w/Bun Raw Veggies w/Dip Baked French Fries Pineapple w/Cherries	24 BBQ Chicken Baked Beans, Garlic Bread Raw Veggies w/Dip Blushing Pears Hamburger w/Bun or Fish & Cheese w/Bun Baked Potato Wedges Lettuce/Tomato/Pickle Slices Orange Slices, Cookie	25 Chicken Patty w/Bun Baked French Fries Carrot Sticks Apple Chicken Patty w/Bun or Pizza Baked French Fries Carrot Sticks Fresh Fruit	26 Lasagna Steamed Broccoli Garden Salad w/Carrots Garlic Bread, Pineapple w/Cherries Buffalo Chicken Pizza or Meat Pie Sweet Potato Fries Raw Veggies w/Dip Blushing Pears	27 Shrimp Stew or Gumbo w/Rice Potato Salad, Beets Whole Wheat Roll Peaches Tacos w/Fixings or Pre-Plated Salad w/Chicken Strips Crackers, Corn on the Cob Fruit Choice Pudding																																
30 Smoked Sausage Red Beans w/Brown Rice Steamed Cabbage Cornbread, Peaches Chicken Quesadilla or Roast Beef & Cheese Sub Lettuce/Tomato/Pickle Slices Steamed Cabbage, Baked Chips Peaches	31 Meatloaf w/Brown Gravy Mashed Potatoes Steamed Corn, Biscuit Tossed Salad, Pineapple Pizza or Chicken Nuggets & Bun Baked French Fries Tossed Salad Pineapple	<p style="text-align: center;"><u>BREAKFAST PRICES:</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Elementary</td> <td style="width: 50%;">\$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 style="text-align: center;"><u>LUNCH PRICES:</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Elementary</td> <td style="width: 50%;">\$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 style="text-align: center;"><u>EXTRAS:</u></p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Milk</td> <td style="width: 50%;">\$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 style="text-align: center;"><u>Entrees:</u> Elementary \$1.25 High \$1.50</p> <p style="text-align: center;"><u>Menus are subject to change as needed.</u> <u>Choice of milk is offered with every meal.</u></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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