



January 2020

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><u>Menus are subject to change as needed.</u> <u>Choice of milk is offered with every meal.</u></p>				
<p>6 Smoked Sausage Red Beans w/Rice Steamed Cauliflower Cornbread, Peaches</p> <p>Four Meat Pizza Steamed Cauliflower Peaches</p>	<p>7 Meat Sauce w/Whole Grain Spaghetti, Garlic Bread Steamed Broccoli Blushing Pears</p> <p>Meat Pie Baked French Fries Steamed Broccoli Blushing Pears</p>	<p>8 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>9 Beef Stew w/Rice Steamed Carrots Whole Wheat Roll Applesauce w/Gelatin</p> <p>Cheeseburger w/Bun Baked Potato Wedges Pickle Slices Applesauce w/Gelatin Cookie</p>	<p>10 Turkey & Sausage Jambalaya Steamed California Vegetables Whole Wheat Roll Fruit Cocktail</p> <p>Fish & Cheese w/Bun Baked Potato Fries Pickle Slices Fruit Cocktail Pudding</p>
<p>13 Meat Sauce w/Whole Grain Spaghetti, Garlic Bread Steamed Broccoli & Cauliflower Pineapple & Cherries</p> <p>Hamburger w/Bun Pickle Slices Baked French Fries Pineapple & Cherries Cookie</p>	<p>14 Baked Chicken Parsley Rice, Green Peas Whole Wheat Roll Fruit Cocktail</p> <p>Meat Pie Baked Potato Wedges Seasoned Green Peas Fruit Cocktail</p>	<p>15 Baked Ham Rice Dressing, Wheat Roll Sweet Potato Yams Chilled Peaches</p> <p>Chicken Patty w/Bun Baked Chips Pickle Slices Sweet Potato Yams Chilled Peaches</p>	<p>16 Potato Stew with Smoked Sausage & Brown Rice Green Beans, Garden Salad Wheat Roll, Fresh Apple</p> <p>Four Meat Pizza Raw Veggies w/Ranch Dressing Fresh Apple</p>	<p>17 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>20</p> 	<p>21</p> <p style="text-align: center;"><i>Professional Development Day</i></p>	<p>22 Potato Stew with Smoked Sausage & Brown Rice Green Beans, Garden Salad Apple</p> <p>Chicken Patty w/Bun Baked French Fries Carrot Sticks Apple</p>	<p>23 Lasagna Steamed Broccoli Garden Salad w/Carrots Garlic Bread, Pineapple w/Cherries</p> <p>Meat Pie Baked French Fries Raw Veggies w/Ranch Dressing Pineapple w/Cherries</p>	<p>24 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>27 Smoked Sausage Red Beans w/Brown Rice Steamed Cabbage Cornbread, Peaches</p> <p>Chicken Quesadilla Steamed Cabbage Baked Chips Peaches</p>	<p>28 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>29 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>30 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>31 Turkey & Sausage Gumbo w/Rice, Potato Salad Steamed California Vegetables Crackers, Fruit Cocktail</p> <p>Meat Pie Baked French Fries Raw Veggies w/Dressing Fruit Cocktail Pudding</p>

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