

March 2018



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><u>Menus are subject to change as needed.</u> <u>Choice of milk is offered with every meal.</u></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>1 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>2 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, Steamed Corn Peaches Pudding</p>
<p>5 Smoked Sausage Red Beans w/Brown Rice Steamed Cabbage Cornbread, Peaches</p> <p>Roast Beef & Cheese Sub or Pizza Lettuce/Tomato/Pickle Slices Steamed Corn Peaches</p>	<p>6 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>7 Baked Chicken Mashed Potatoes, Sweet Peas Tossed Salad, Whole 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>8 Beef Stew with Rice Steamed Carrots Garden Salad, Whole Wheat Roll Apple</p> <p>Chicken Caesar Salad w/Crackers or Cheeseburger w/Bun Baked Potato Wedges Lettuce/Tomato/Pickle Slices Apple, Cookie</p>	<p>9 Turkey & Sausage Pastalaya Steamed Corn, Wheat Roll Garden Salad w/Spinach 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>12 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>13 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>14 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 Orange</p>	<p>15 Potato Stew with Smoked Sausage & Brown Rice Green Beans, Garden Salad Wheat Roll, Apple</p> <p>Meatball Sub, Baked Chips or Pre-Plated Salad w/Chicken Strips Crackers Raw Veggies Blushing Pears</p>	<p>16 Fried Fish White Beans w/Rice Raw Veggies w/Dip, 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>19 Salisbury Steak w/Gravy Mashed Potatoes, Roll Broccoli & Cauliflower w/Cheese Salad, Pineapple w/Cherries</p> <p>Individual Pizza or Chicken Patty w/Bun Raw Veggies w/Dip Baked French Fries Pineapple w/Cherries</p>	<p>20 BBQ Chicken Baked Beans, Garlic Bread Raw Veggies w/Dip Blushing Pears</p> <p>Hamburger w/Bun or Fish & Cheese w/Bun Baked Potato Wedges Lettuce/Tomato/Pickle Slices Orange Slices, Cookie</p>	<p>21 Chicken Patty w/Bun Baked French Fries Carrot Sticks Apple</p> <p>Chicken Patty w/Bun or Pizza Baked French Fries Carrot Sticks Apple</p>	<p>22 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>23 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, Steamed Corn Peaches Pudding</p>
<p>26 Smoked Sausage Red Beans w/Brown Rice Steamed Cabbage Cornbread, Peaches</p> <p>Roast Beef & Cheese Sub or Pizza Lettuce/Tomato/Pickle Slices Steamed Corn Peaches</p>	<p>27 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>28 Baked Turkey Rice Dressing, Sweet Peas Yams, Whole Wheat Roll Pineapple w/Cherries, Cake</p> <p>Four Meat Pizza or Spicy Chicken Patty w/Bun Lettuce/Tomato/Pickle Slices Sweet Peas, Baked Chips Pineapple w/Cherries</p>	<p>29 Beef Stew with Rice Steamed Carrots, Garden Salad Whole Wheat Roll Apple</p> <p>Chicken Caesar Salad w/Crackers or Cheeseburger w/Bun Baked Potato Wedges Lettuce/Tomato/Pickle Slices Apple, Cookie</p>	<p>30</p>  <p><i>Holiday</i></p>

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