


January 2019

Lafourche Parish High Schools

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1</p> 	<p>2</p> <p><u>BREAKFAST PRICES:</u> Elementary \$1.55 Middle \$1.55 High \$1.60 Reduced \$0.30 At Cost \$2.75</p> <p><u>LUNCH PRICES:</u> 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>3</p> <p><u>LUNCH PRICES:</u> Elementary \$1.65 Middle \$1.70 High \$2.10 Reduced \$0.40 At Cost \$4.50</p>	<p>4</p> <p><u>EXTRAS:</u> 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><u>Entrees:</u> Elementary \$1.25 High \$1.50</p>
<p>7</p> <p>Smoked Sausage Red Beans w/Brown Rice Steamed Cauliflower Cornbread, Peaches</p> <p>Four Meat Pizza Steamed Corn Peaches</p>	<p>8</p> <p>Meatsauce w/Whole Grain Spaghetti, Garlic Bread Steamed Broccoli Blushing Pears</p> <p>Meat Pie Baked French Fries Steamed Broccoli Blushing Pears</p>	<p>9</p> <p>Baked Chicken Mashed Potatoes, Green Beans Whole Wheat Roll Pineapple w/Cherries</p> <p>Spicy Chicken Patty w/Bun Seasoned Green Beans Pickle Slices, Baked Chips Pineapple w/Cherries</p>	<p>10</p> <p>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>11</p> <p>Turkey & Sausage Jambalaya Steamed Corn Whole Wheat Roll Fruit Cocktail</p> <p>Fish & Cheese w/Bun Sweet Potato Fries Pickle Slices Fruit Cocktail Pudding</p>
<p>14</p> <p>Meatsauce w/Whole Grain Spaghetti, Garlic Bread Steamed Broccoli & Cauliflower Pineapple w/Cherries</p> <p>Hamburger w/Bun Pickle Slices Baked French Fries Pineapple w/Cherries Cookie</p>	<p>15</p> <p>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>16</p> <p>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>17</p> <p>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>18</p> <p>Fried Fish, White Beans w/Rice, Raw Veggies w/Dip Whole Wheat Roll Blushing Pears, Pudding</p> <p>Chicken Quesadilla Sweet Potato Fries Lettuce/Tomato/Pickle Slices Blushing Pears Pudding</p>
<p>21</p> 	<p>22</p> <p><i>Professional Development Day</i></p>	<p>23</p> <p>Salisbury Steak w/Gravy Mashed Potatoes, Salad Broccoli & Cauliflower w/Cheese Roll, Pineapple w/Cherries</p> <p>Fish & Cheese w/Bun Baked French Fries Raw Veggies w/Dressing Pineapple w/Cherries</p>	<p>24</p> <p>Lasagna Steamed Broccoli Garden Salad w/Carrots Garlic Bread, Pears</p> <p>Meat Pie Sweet Potato Fries Raw Veggies w/Dip Pears</p>	<p>25</p> <p>Shrimp Stew or Gumbo w/Rice Steamed California Vegetables Potato Salad, Beets, Wheat Roll Peaches</p> <p>Individual Pizza Baked Potato Wedges Steamed California Vegetables Peaches, Pudding</p>
<p>28</p> <p>Smoked Sausage Red Beans w/Brown Rice Steamed Cabbage Cornbread, Peaches</p> <p>Chicken Quesadilla Lettuce/Tomato/Pickle Slices Steamed Cabbage Baked Chips Peaches</p>	<p>29</p> <p>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>30</p> <p>Baked Chicken Rice Dressing, Steamed Broccoli Coleslaw, Whole Wheat Roll Pear Halves</p> <p>BBQ Riblet w/Bun Baked Chips Lettuce/Tomato/Pickle Slices Steamed Broccoli Pear Halves, Cookie</p>	<p>31</p> <p>Pork Stew w/Rice Steamed Green Beans, Roll Lettuce w/Tomato Wedges Orange Slices</p> <p>Cheeseburger w/Bun Baked Potato Wedges Lettuce/Tomato/Pickle Slices Orange Slices Cookie</p>	

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