



**ST TAMMANY PARISH PUBLIC SCHOOLS
LUNCH MENUS FOR MIDDLE/JUNIOR HIGH SCHOOLS
OCTOBER 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ONE ENTRÉE PER LINE which will be the manager's choice.				
1 Main Line: Delicious Chicken Tenders Fresh Green Salad Mashed Potatoes Baked Beans School Made Roll	2 Main Line: General Tso Chicken & Rice Steamed Broccoli Fresh Crisp Carrots Breadstick Chocolate Chip Cookie Take Out Line: Hot Dog OR Vegetable Blend Juice Crispy Potato Rounds OR Hot French Fries	3 Main Line: Breezy Beefy Mac Crisp Baby Carrots Seasoned Green Beans Fresh Baked Garlic Breadstick Take Out Line: Homestyle Hamburger OR Cheeseburger Fresh Lettuce Sliced Tomatoes Hot French Fries	4 Main Line: Hot Pepperoni Pizza Marinara Banana	5 PARISH FAIR HOLIDAY
8 Main Line: Dipping Chicken Bites Salad Tasty Green Peas Mac-n-Cheese Fresh Baked Roll	9 Main Line: Baked Potato Supreme OR Baked Sweet Potato OR Tuna Salad Garden Green Salad School Made Roll Fudgy Brownie Take Out Line: Classic Chicken Sandwich OR w/ Lettuce and Tomato Hot French Fries	10 Main Line: Kick'n Chicken Gumbo Fresh Crisp Baby Carrots Southern Potato Salad Fluffy Brown Rice Fresh Baked Breadstick Chewy Oatmeal Cookie Take Out Line: Meatball Sub w/ Marinara Hot French Fries	11 Main Line: Finger Lick'n Roasted Chicken Fresh Crisp Baby Carrots Louisiana Red Beans & Rice Fresh Baked Biscuit Take Out Line: Hot Dog OR BBQ Chicken Sandwich Sweet Potato Fries	12 PROFESSIONAL DEVELOPMENT DAY (NO STUDENTS)
15 Main Line: Mandarin Chicken w/ Rice Garden Green Salad Carrots Cheesy Potato Au Gratin Fresh Baked Roll	16 Main Line: Cheesy Chicken Quesadilla OR Zesty Refried Beans Fruit Crisp Crispy Lettuce Salsa OR Diced Tomatoes Take Out Line: Hot Dog OR Crispy Carrot Sticks Crispy Potato Rounds OR Hot French Fries	17 Main Line: Italian Meat Sauce w/ Pasta OR Seasoned Green Beans French Bread Parmesan Cheese Chocolate Chip Cookie	18 Main Line: Southern Fried Catfish Crispy Fish Strips Fresh Baked Potato Creamy Cole Slaw Fresh Baked Roll Take Out Line: Homestyle Hamburger OR Cheeseburger Crisp Lettuce Sliced Tomatoes Hot French Fries	19 Main Line: Mozzarella Breadsticks Garden Green Salad Seasoned Corn Garden Fresh Salsa OR Dipping Marinara Sauce Chilled Fruit Chocolate Chip Cookie
22 Main Line: Delicious Chicken Tenders Crispy Baby Carrots Fresh Broccoli Florets Macaroni & Cheese Fresh Baked Roll	23 Main Line: Beef Tacos w/ Fixings OR Refried Beans Take Out Line: Nachos Supreme Crisp Lettuce Salsa OR Diced Tomatoes Refried Beans	24 Main Line: Turkey Roast w/ Rice & Gravy Sweet Potato Casserole Cauliflower Florets Fresh School Made Roll Take Out Line: Fish Patty Sandwich OR Crisp Lettuce Hot French Fries	25 Main Line: Homemade Meatloaf Broccoli Crown Florets Creamy Mashed Potatoes Fresh Baked Roll Cupcake Take Out Line: Chicken Patty Sandwich Crisp Lettuce Sweet Potato Fries	26 Main Line: Homestyle Hamburger Crisp Lettuce Sliced Tomatoes Crispy Potato Rounds OR Hot French Fries Rice Crispy Treat
29 Main Line: Dipping Chicken Bites Fresh Green Salad School Made Roll	30 Main Line: General Tso Chicken Steamed Broccoli Fresh Crisp Carrots Breadstick Chocolate Chip Cookie Take Out Line: BBQ Pork Sandwich Vegetable Blend Juice Crispy Potato Rounds OR Hot French Fries	31 Main Line: Breezy Beefy Mac Crisp Baby Carrots Seasoned Green Beans Fresh Baked Garlic Breadstick Take Out Line: Homestyle Hamburger Fresh Lettuce Sliced Tomatoes Hot French Fries	LUNCH PRICES: Reduced (PK-12) \$0.40 Full Price (PK-6) \$1.30 Full Price (7-12) \$1.55 Eligible Adults \$3.25 Visitors \$4.75	AVAILABLE DAILY: Low-Fat White Milk Fat-Free Chocolate Milk Fat-Free Strawberry Milk Assorted Fruits & Veggies  Optional Daily Entrée: Non-Fat Flavored Yogurt w/Mozzarella String Cheese

This institution is an equal opportunity provider. Menus are subject to change.