



**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 OR Spicy Chicken Tenders OR Dipping Chicken Nuggets Chilled Apples & Mixed Fruit Fresh Green Salad Mashed Potatoes Baked Beans School Made Roll	2 Main Line: General Tso Chicken & Rice Pineapple/Apple sauce Steamed Broccoli Fresh Crisp Carrots Baked Beans/Breadstick Chocolate Chip Cookie Take Out Line: Hot Dog W/Chili Vegetable Blend Juice Hot French Fries	3 Main Line: Breezy Beefy Mac Honeydew & Cantaloupe/Peaches Steamed Carrots Seasoned Green Beans Fresh Baked Garlic Breadstick Take Out Line: Homestyle Hamburger Fresh Lettuce Sliced Tomatoes Hot French Fries	4 Main Line: Nachos Supreme W/Fixings Seasoned Corn Fresh Cinnamon Breadstick Take Out Line: Hot Pepperoni Pizza Fresh Green Salad Fudgy Brownie	5 PARISH FAIR HOLIDAY
8 Main Line: Delicious Chicken Tenders OR Spicy Chicken Tenders OR Dipping Chicken Bites Salad Tasty Green Peas Mac-n-Cheese Fresh Baked Roll	9 Main Line: Baked Potato OR Sweet Potato With Chunky Chili Cheese/Sour Cream/Jalapenos Garden Green Salad Pears/Fz Juice Cup School Texas Toast Take Out Line: Classic Chicken Sandwich OR Kick'n Chicken Sandwich w/ Lettuce and Tomato Hot French Fries	10 Main Line: Kick'n Chicken Gumbo W/Rice Tropical Fruit/Grapes Fresh Crisp Baby Carrots Southern Potato Salad Fresh Baked Breadstick Chewy Oatmeal Cookie Take Out Line: Meatball Sub w/ Marinara OR Pork Patty Sandwich Hot French Fries	11 Main Line: Finger Lick'n BBQ Chicken Sounthern Baked Apples Bananas Creamy Cole slaw Louisiana Red Beans & Rice Fresh Baked Biscuit Take Out Line: BBQ Chicken Sandwich OR BBQ Pork Sandwich Sweet Potato Fries OR Fries	12 PROFESSIONAL DEVELOPMENT DAY (NO STUDENTS)
15 Main Line: General TSO's Chicken w/ Rice Pineapple/Oranges Garden Green Salad Fresh Baby Carrots Fresh Baked Bread Stick	16 Main Line: Cheesy Chicken Quesadilla Honeydew/Cantaloupe Zesty Refried Beans Fruit Crisp Crispy Lettuce Salsa/Jalapenos/Sour Cream Take Out Line: Hot Dog W/Chili Crispy Carrot Sticks Hot French Fries	17 Main Line: Italian Meat Sauce w/ Pasta Mixed Fruit/Raisins Seasoned Green Beans French Bread Mozzarella Cheese Take Out Line: Kick'n Chicken Sandwich OR Classic Chicken Sandwich Fresh Crisp Lettuce Sliced Tomatoes Hot French Fries	18 Main Line: Southern Fried Catfish OR Creole Baked Catfish OR 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: Stuffed Crust Pizza Pepperoni Apple sauce/Kiwi Garden Green Salad Seasoned Corn Garden Fresh Salsa OR Dipping Marinara Sauce Chocolate Chip Cookie
22 Main Line: Delicious Chicken Tenders OR Spicy Chicken Tenders OR Dipping Chicken Bites Crispy Baby Carrots Fresh Broccoli Florets Macaroni & Cheese Fresh Baked Roll	23 Main Line: Beef Burrito w/ Fixings OR Mixed Fruit/Fz Juice Cup Refried Beans Take Out Line: Nachos Supreme Crisp Lettuce Diced Tomatoes Refried Beans	24 Main Line: Turkey Roast w/ Rice & Gravy Applesauce/Strawberries Sweet Potato Casserole Cauliflower Florets Fresh School Made Roll Take Out Line: Fish Patty Sandwich OR Meatball Sub Crisp Lettuce Hot French Fries	25 Main Line: Homemade Meatloaf W/Gravy Tropical Fruit/Melons Broccoli Crown Florets Creamy Mashed Potatoes Fresh Baked Roll Cake Take Out Line: Chicken Patty Sandwich Crisp Lettuce Sweet Potato Fries OR Fries	26 Main Line: Homestyle Hamburger Peaches/Bananas Crisp Lettuce Sliced Tomatoes Hot French Fries Rice Crispy Treat
29 Main Line: Delicious Chicken Tenders OR Spicy Chicken Tenders OR Dipping Chicken Bites Oranges/Mixed Fruit Creamy Mashed Potatoes W/Gravy Fresh Green Salad School Made Roll	30 Main Line: General Tso Chicken W/Rice Pineapple/Apple sauce Steamed Broccoli Fresh Crisp Carrots Breadstick Chocolate Chip Cookie Take Out Line: Hot Dog W/Chili Vegetable Blend Juice Crispy Potato Rounds OR Hot French Fries	31 Main Line: Creamy Chicken Fettuccini Watermelon/Peaches 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.