

# NATCHTOCHES PARISH

## Lunch Menus for K-12th September 2017

|   |  |   |   |   |  |
|---|--|---|---|---|--|
|   |  |   |   |   | 1<br>Soft or Hard Tacos<br>Salad Cup<br>Refried Beans<br>Peaches<br>Choice of Milk |
| 4<br>     | 5<br>Roast w/Gravy<br>Steamed Rice<br>Broccoli & Cheese<br>Corn<br>Baked Cinnamon Apples<br>Choice of Milk           | 6<br>Deli Sandwich<br>French Fries<br>Salad Cup<br>Mixed Fruit<br>Choice of Milk                | 7<br>Red Beans & Rice<br>Turnip Greens,<br>Sweet Potatoes<br>Baked Cinnamon Apples<br>Cornbread<br>Choice of Milk | 8<br>Chicken Sandwich<br>Baked Beans<br>Carrot Sticks w/Dressing<br>Pineapples<br>Cookie Choice<br>Choice of Milk |  |
| 11<br>Pizza<br>California Vegetables<br>Green Beans<br>Peaches<br>Choice of Milk            | 12<br>Taco Burger<br>Baked Beans<br>Corn<br>Pears<br>Choice of Milk  | 13<br>Deli Sandwich<br>French Fries<br>Salad Cups<br>Fresh Oranges<br>Choice of Milk            | 14<br>Chili Dog on Bun<br>Cheesy Broccoli<br>Baby Carrots w/ dressing<br>Fresh Apples<br>Choice of Milk           | 15<br>Nachos<br>Refried Beans<br>Salsa<br>Mixed Fruit<br>Choice of Milk   |  |
| 18<br>Chicken Tenders<br>Broccoli & Cheese<br>Mixed Vegetables<br>WG Roll<br>Choice of Milk | 19<br>Pinto Beans w/Ham<br>Fluffy Rice<br>Mustard Greens<br>Sweet Potatoes<br>Peaches<br>Cornbread<br>Choice of Milk | 20<br>Hamburger/Cheeseburger<br>French Fries<br>Salad Cup<br>Mandarin Oranges<br>Choice of Milk | 21<br>Salisbury Steak<br>Mashed Potatoes w/Gravy<br>Green Beans<br>Pineapples<br>WG Roll<br>Choice of Milk        | 22<br>Frito Pie<br>Salsa<br>Refried Beans<br>Taco Salad<br>Orange Wedges<br>Choice of Milk                        |  |
| 25<br>Corn Dog<br>Corn<br>Carrot Sticks w/Dressing<br>Strawberries<br>Choice of Milk        | 26<br>Beef Steak Fingers<br>Mashed Potatoes/Gravy<br>Mixed Vegetables<br>Mixed Fruit<br>WG Roll<br>Choice of Milk    | 27<br>BBQ Rib Patty on Bun<br>French Fries<br>Baked Beans<br>Pineapples<br>Choice of Milk       | 28<br>Chicken Spaghetti<br>Green Beans<br>Garden Salad<br>Mandarin Oranges<br>Breadsticks<br>Choice of Milk       | 29<br>Soft or Hard Tacos<br>Salad Cup<br>Refried Beans<br>Peaches<br>Choice of Milk                               |  |

# NATICHIOGHEES PARISH

## BREAKFAST Menus for K-12<sup>th</sup> September 2017

|   |   |   |  |   |  |
|---|---|---|--|---|--|
|   |   |   |  |   | 1<br><i>Breakfast Bun</i><br><i>Apple Wedges</i><br><i>Juice</i><br><i>Milk Choice</i> |
| 4<br>   | 5<br><i>Yogurt</i><br><i>Graham Crackers</i><br><i>Peaches</i><br><i>Juice</i><br><i>Milk Choice</i>  | 6<br><i>Cheese Toast</i><br><i>Pineapples</i><br><i>Juice</i><br><i>Milk Choice</i>                     | 7<br><i>French Toast Sticks</i><br><i>Mandarin Oranges</i><br><i>Juice</i><br><i>Milk Choice</i>                         | 8<br><i>Cereal Choice</i><br><i>Banana</i><br><i>Juice</i><br><i>Milk Choice</i>        |  |
| 11<br><i>Choice of Muffin</i><br><i>Mixed Fruit</i><br><i>Juice</i><br><i>Milk Choice</i> | 12<br><i>Cinnamon Toast</i><br><i>Eggs</i><br><i>Pineapples</i><br><i>Juice</i><br><i>Milk Choice</i> | 13<br><i>Biscuit</i><br><i>Sausage</i><br><i>Mandarin Oranges</i><br><i>Juice</i><br><i>Milk Choice</i> | 14<br><i>Cinnamon Roll</i><br><i>Pears</i><br><i>Juice</i><br><i>Milk Choice</i>   | 15<br><i>Pancake on a Stick</i><br><i>Peaches</i><br><i>Juice</i><br><i>Milk Choice</i> |  |
| 18<br><i>Breakfast Bites</i><br><i>Pears</i><br><i>Juice</i><br><i>Milk Choice</i>        | 19<br><i>Waffles</i><br><i>Applesauce</i><br><i>Juice</i><br><i>Milk Choice</i>                       | 20<br><i>Breakfast Pizza</i><br><i>Peaches</i><br><i>Juice</i><br><i>Milk Choice</i>                    | 21<br><i>Pancakes</i><br><i>Mandarin Oranges</i><br><i>Juice</i><br><i>Milk Choice</i>                                   | 22<br><i>Pop Tart</i><br><i>Mixed Fruit</i><br><i>Juice</i><br><i>Milk Choice</i>       |  |
| 25<br><i>Breakfast Burrito</i><br><i>Peaches</i><br><i>Juice</i><br><i>Milk Choice</i>    | 26<br><i>Cinnamon Toast</i><br><i>Oatmeal</i><br><i>Pears</i><br><i>Juice</i><br><i>Milk Choice</i>   | 27<br><i>Biscuit</i><br><i>Sausage</i><br><i>Mixed Fruit</i><br><i>Juice</i><br><i>Milk Choice</i>      | 28<br><i>Egg Pattie</i><br><i>Grits</i><br><i>Toast</i><br><i>Mandarin Oranges</i><br><i>Juice</i><br><i>Milk Choice</i> | 29<br><i>Breakfast Bun</i><br><i>Apple Wedges</i><br><i>Juice</i><br><i>Milk Choice</i> |  |