

# COME JOIN US FOR LUNCH@SCHOOL!



**September 2019**

**Livingston Parish Public Schools**

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



Our **PLATES** are full of excitement this month!

**Monday, Sept 2**



**Tuesday, Sept 3**

**Lunch**  
Chicken Nuggets  
Mashed Potatoes  
BBQ Sauce Roll  
Green Beans  
Fruit Cocktail  
Milk Choice

**Wednesday, Sept 4**

**Lunch**  
Pepperoni Pizza  
Steamed Corn  
Spinach Salad  
Ranch Dressing  
Fresh Fruit Cup  
Milk Choice

**Thursday, Sept 5**

**Lunch**  
Tortilla Chips  
Queso Cheese  
Beefy Taco Meat  
Salsa  
Refried Beans  
Taco Salad Cup  
Pears  
Milk Choice

**Friday, Sept 6**

**Lunch**  
Roast Beef or Turkey with Cheese Po'boy  
Cajun Fries  
Relish Cup  
Fresh Red Apple  
Milk Choice



What's on **YOUR** plate?

What does a pickle start out as and how does it become a pickle?



A: Pickles begin life as cucumbers, which are made into pickles by soaking in a solution of salt, vinegar, and flavors like dill and garlic. Lots of other foods are "pickled" by this process, too, like sauerkraut and pickled peppers, to name just two!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

**Monday, Sept 9**

**Lunch**  
Chicken Strips  
Mashed Potatoes  
Gravy Roll  
Sweet Peas  
Pears  
Milk Choice

**Tuesday, Sept 10**

**Lunch**  
Soft Beef Tacos  
Shredded Cheese  
Salsa  
Refried Beans  
Taco Salad Cup  
Pineapple Tidbits  
Milk Choice



**Wednesday, Sept 11**

**Lunch**  
Shrimp Poppers  
Mac & Cheese  
Roll  
Green Beans  
Spinach Salad  
Ranch Dressing  
Sliced Peaches  
Milk Choice

**Thursday, Sept 12**

**Lunch**  
Korean Beef  
Steamed Rice  
Carrot Cup  
Ranch Dip  
Steamed Broccoli  
Chocolate Chip Cookie  
Milk Choice

**Friday, Sept 13**

**Lunch**  
Chicken Sandwich  
Crinkle Cut Fries  
Relish Cup  
Fresh Sliced Apple  
Milk Choice

Have your fruit  
and eat it too!

**Juice RUSH**  
Frozen. Fruity. Fast. Fun!  
VISIT OUR WEBSITE FOR MORE INFO!  
WWW.SNACKSINSCHOOLS.COM

**September 18th!**

Smart Snacks in Schools  
A Division of the National School Nutrition Association

**National Pepperoni  
Pizza Day!**

I never met a Pizza that I didn't like!

**September 20th!**

**September 25th!**

**WORLD SCHOOL MILK DAY!**

The whole world  
loves **MILK!**

Monday, Sept 16	Tuesday, Sept 17	Wednesday, Sept 18	Thursday, Sept 19	Friday, Sept 20
<p><b>Lunch</b> Pork Chop or Salisbury Steak Mashed Potatoes Gravy Black Eye Peas Fruit Cocktail Milk Choice</p>	<p><b>Lunch</b> Orange or Teriyaki Chicken Vegetable Fried Rice Broccoli &amp; Cheese Marinated Tomatoes &amp; Cucumbers Pineapple Tidbits Brownie Milk Choice</p>	<p><b>Lunch</b> Spaghetti with Meat Sauce Garlic Roll Steamed Corn Spinach Salad Ranch Dressing Juice Rush Milk Choice</p>	<p><b>Lunch</b> Oven Fried Chicken Potatoes Au 'Gratin Roll Green Beans Banana Milk Choice</p>	<p><b>Lunch</b> Pepperoni Pizza Steamed Corn Spinach Salad Ranch Dressing Fresh Red Apple Milk Choice</p>

Monday, Sept 23	Tuesday, Sept 24	Wednesday, Sept 25	Thursday, Sept 26	Friday, Sept 27
<p><b>NO SCHOOL</b></p>	<p><b>Lunch</b> Jambalaya Navy Beans Roll Carrot Cup Ranch Dip Pineapple Tidbits Milk Choice</p>	<p><b>Lunch</b> Tortilla Chips Queso Cheese Beefy Taco Meat Salsa Refried Beans Taco Salad Cup Jalapeno Peppers Fresh Apple Slices Milk Choice</p>	<p><b>Lunch</b> Cheesy Chicken Spaghetti or Red Beans &amp; Rice</p> <p>Ask your cafeteria which <b>THROWBACK MENU</b> that they are preparing</p>	<p><b>Lunch</b> Hamburger or Cheeseburger Cajun Fries Relish Cup Fresh Fruit Cup Milk Choice</p>

**Monday, Sept 30**

**Lunch**  
Breaded Chicken Strips  
Mashed Potatoes  
Gravy  
Buttermilk Biscuit  
Green Peas  
Diced Pears  
Milk Choice

**Throwback  
THURSDAY**