



# SEPTEMBER 2023

## High Schools

 LUNCH

Monday

Tuesday

Wednesday

Thursday

Friday



Labor  
Day

4

Hamburger/Cheeseburger  
Lettuce and Pickle Cup  
French Fries  
Garden Variety Veggies  
Tropical Fruit

**Choice:** Taco Fries with Cheez-its  
Power Cup  
Chicken Tenders with Fries

5

Jambalaya  
White Beans  
Garden Variety Veggies  
Sorbet Cup  
Dinner Roll

**Choice:** Chef Chicken Smacker Salad  
Power Cup  
Chicken Tenders with Fries

6

Chicken Parmesan with  
Spaghetti  
Garden Salad  
Garden Variety Veggies  
Diced Peaches  
Garlic Bread Stick

**Choice:** Totachos  
Power Cup  
Chicken Tenders with Fries

7

Macaroni and Cheese  
Green Beans  
Garden Variety Veggies  
Strawberry Applesauce

**Choice:** Pizza  
Power Cup

1

Nachos  
Nacho Salad Cup  
Salsa  
Mexican Corn  
Garden Variety Veggies  
Orange Wedges

**Choice:** Pizza  
Power Cup  
Chicken Tenders with Fries

8

Chicken Tenders  
Red Beans and Rice  
Garden Variety Veggies  
Pineapples  
Biscuit

**Choice:** Pizza  
Power Cup  
Chicken Tenders with Fries

11

Soft Tacos  
Taco Salad Cup  
Pinto Beans  
Salsa  
Garden Variety Veggies  
Sorbet Cup

**Choice:** Taco Fries with Cheez-its  
Power Cup

12

Chicken Potato Bowl  
Garden Variety Veggies  
Red Apple Wedges  
Dinner Roll

**Choice:** Chef Taco Salad  
Power Cup  
Chicken Tenders with Fries

13

Pepperoni or Cheese Pizza  
Garden Variety Veggies  
Garden Salad  
Fresh Fruit

**Choice:** Totachos  
Power Cup  
Chicken Tenders with Fries

14

Chicken Filet on Bun  
Tator Tots  
Lettuce and Pickle Cup  
Garden Variety Veggies  
Diced Pears

**Choice:** Pizza  
Power Cup  
Chicken Tenders with Fries

15

Honey Citrus Chicken  
Fried Rice  
Garden Variety Veggies  
Pineapples

**Choice:** Pizza  
Power Cup  
Chicken Tenders with Fries

18

Spaghetti and Meatballs in Sauce  
Garden Salad  
Garden Variety Veggies  
Orange Wedges  
Garlic Bread Stick

**Choice:** Taco Fries with Cheez-its  
Power Cup  
Chicken Tenders with Fries

19

BBQ Pulled Pork Sandwich  
Baked Beans  
Garden Variety Veggies  
Tropical Fruit  
Celebration Cupcake

**Choice:** Chef Caesar Salad  
Power Cup  
Chicken Tenders with Fries

20

Chicken Teriyaki Rice Bowl  
Garden Variety Veggies  
Sorbet Cup

**Choice:** Totachos  
Power Cup  
Chicken Tenders with Fries

21

Macaroni and Cheese  
Green Beans  
Garden Variety Veggies  
Strawberry Applesauce

**Choice:** Pizza  
Power Cup  
Chicken Tenders with Fries

22

Chicken Smackers  
Spaghetti and Cheese  
Garden Variety Veggies  
Cauliflower with Cheese  
Mixed Fresh Fruit

**Choice:** Pizza  
Power Cup  
Chicken Tenders with Fries

25

Hamburger/Cheeseburger  
Lettuce and Pickle Cup  
French Fries  
Garden Variety Veggies  
Tropical Fruit

**Choice:** Taco Fries with Cheez-its  
Power Cup  
Chicken Tenders with Fries

26

Jambalaya  
White Beans  
Garden Variety Veggies  
Sorbet Cup  
Dinner Roll

**Choice:** Chef Chicken Smacker Salad  
Power Cup  
Chicken Tenders with Fries

27

Chicken Parmesan with  
Spaghetti  
Garden Salad  
Garden Variety Veggies  
Diced Peaches  
Garlic Bread Stick

**Choice:** Totachos  
Power Cup  
Chicken Tenders with Fries

28

Nachos  
Nacho Salad Cup  
Salsa  
Mexican Corn  
Garden Variety Veggies  
Orange Wedges

**Choice:** Pizza  
Power Cup  
Chicken Tenders with Fries

29

**Notes:** Menus are subject to change. All meals are served with a choice of milk.

**Notification Statement:** Peanuts and Peanut butter are not purchased for meals produced by the Baton Rouge Diocese Child Nutrition Program; however, some products served may contain nuts, may be produced in plants that use nuts and may contain traces of nuts.