

Menus for NOVEMBER 2021

This institution is an equal opportunity provider.

Wednesday, November 3

Breakfast

Cinnamon Roll
Chilled Peaches
Fruit Juice

Lunch

Jambalaya
Steamed Cabbage
Glazed Carrots
Homemade Garlic Roll
Chilled Peaches

Thursday, November 4

Breakfast

Tangi McGriddle
Fresh Orange Wedges
Fruit Juice

Lunch

Taco Soup
Grilled Cheese Sand.
Salad w/Dressing
Brownie
Fresh Orange Wedges

Friday, November 5

Breakfast

Ham & Cheese
Croissant
Applesauce
Fruit Juice

Lunch

Macaroni Beef &
Cheese Casserole
Seasoned Green Beans
Marinated Tomatoes
Dinner Roll
Applesauce

Tuesday, November 9

Breakfast

Apple or Cherry Frudel
Applesauce
Fruit Juice

Lunch

Nachos-Taco Meat
Queso Cheese Sauce
Salsa
Salad w/Dressing
Applesauce

Wednesday, November 10

Breakfast

Sausage Egg &
Cheese Croissant
Chilled Pears
Fruit Juice

Lunch

Oven Fried Chicken
Mashed Potatoes/
Gravy
Baked Beans
Vegetable Blend
Dinner Roll
Diced Pears

Monday, November 1

Breakfast

Manager's Choice
Pineapple Tidbits
Fruit Juice

Lunch

Hot Dog on Bun
with Chili
Shredded Cheese
Tasty Tots
Baked Beans
Pineapple Tidbits

Tuesday, November 2

Breakfast

Breakfast Pizza Bagel
Fresh Apple Slices
Fruit Juice

Lunch

Chicken Tenders
Seasoned French Fries
Steamed Broccoli w/
Cheese Sauce
Texas Toast
Fresh Apple Slices

AVAILABLE DAILY

A Variety of Breakfast Choices are also
available in addition to our standard
HOT Breakfast Choice!

Every complete meal we
serve comes with your
choice of milk!



WILD CHILD

The majestic wild turkey is nothing like its barnyard cousin on the Thanksgiving table. The wild ones can run 25 miles an hour and can fly at 50+. They sleep in trees, and the big males have been known to chase off humans who get too close. Wild turkeys prefer to eat nuts, seeds, and berries – but they'll also consume insects, frogs, lizards, and snakes.



ANIMAL APPETITES

DON'T FORGET TO SET YOUR CLOCKS BACK 1 HOUR



Sunday, Nov. 7

Monday, November 8

Breakfast

Manager's Choice
Fruit Cocktail
Fruit Juice

Lunch

General Tso's Chicken
Steamed White Rice
Steamed Broccoli
Buttered Corn
Hawaiian Sweet Roll
Fruit Cocktail

Thursday, November 11

Breakfast

Muffin
Cheese Stick
Fresh Orange Wedges
Fruit Juice

Lunch

Spaghetti &
Meat Sauce
Seasoned Green
Beans
Texas Toast
Fresh Orange Wedges

Friday, November 12

Breakfast

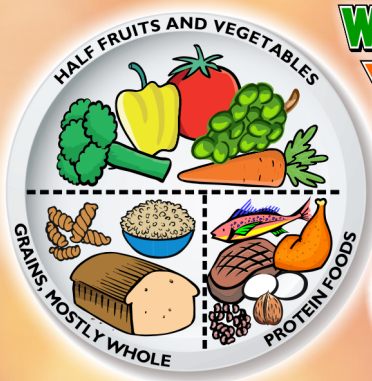
Breakfast Pizza
Mandarin Oranges
Fruit Juice

Lunch

Crunchy Fish Sticks
Homemade
Macaroni & Cheese
Marinated Tomatoes
Green Peas
Mandarin Oranges

Word of the Month re·spect

n. 1. Consideration
2. Courteous appreciation
for others' feelings
v. 1. To honor or hold in
esteem 2. To show regard
for someone or something

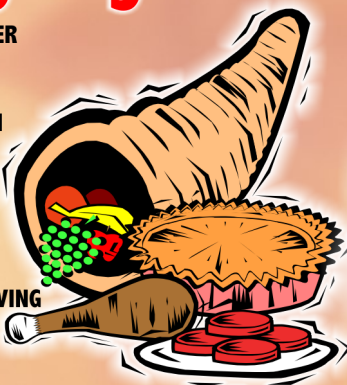


What's on
YOUR
plate?



**Find the two dozen
Thanksgiving words!**

AMERICA	MAYFLOWER
COLONY	PIE
COOK	PILGRIMS
CORN	PLYMOUTH
ENGLAND	PUMPKIN
FALL	SAIL
FAMILY	SETTLERS
FEAST	SQUASH
FREEDOM	STUFFING
GRAVY	THANKSGIVING
HARVEST	TURKEY
MAIZE	YAMS



S M K E Y D E Z I A M C N N
P U M P K I N G G K A O G Z
M C M R G L G M C O L O N Y
O M O C R H L F F T T K I X
B I D S Q U A S H S E D V P
A S E C O R N M A E A D I I
J E E I P A D E E V G W G L
E N R T I L F M Y R N J S G
O O F M T K Y E S A I L K R
O C D R G L K M E H F C N I
L I I P I R E W O L F Y A M
B S G M U L A R B U U W H S
Z F A T P O D V S I T U T A
J F A L L S M A Y H S H Z B

Learn more at www.CHOOSEMYPLATE.gov or
http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, November 15

Breakfast

Sausage Patty, Toast
& Hash Browns
Chilled Pears
Fruit Juice

Lunch

Salisbury Steak/Gravy
Scalloped Potatoes
Glazed Carrots
Fresh Baked Roll
Chilled Pears

Tuesday, November 16

Breakfast

Cinnis Minis
Fresh Apple Slices
Fruit Juice

Lunch

Hamburger on Bun
Seasoned French Fries
Lettuce/Tomato/Pickle
Fresh Apple Slices

Wednesday, November 17

Breakfast

Egg Scramble &
Biscuit Stick
Banana
Fruit Juice

Lunch

Breaded Pork Chop
Cheesy Potatoes
Steamed Broccoli
Dinner Roll
Banana

Thursday, November 18

Breakfast

Crunchmania
Cheese Stick
Applesauce
Fruit Juice

Lunch

Louisiana Red Beans
Steamed White Rice
Seasoned Mustard Greens
Marinated Cucumbers
Hot Fresh Cornbread
Hot Baked Apples

Friday, November 19

Breakfast

Chicken Biscuit
Fruit Cocktail
Fruit Juice

Lunch

Sloppy Joe on Bun
Tasty Tots
Baked Beans
Carrots with Ranch
Fruit Cocktail

ENJOY YOUR
HOLIDAY!

THANKSGIVING!

SEE YOU
MONDAY!

Monday, November 29

Breakfast

Sausage Biscuit
Pineapple Chunks
Fruit Juice

Lunch

Chicken Alfredo with a
Twist
Candied Yams
Steamed Broccoli
Hawaiian Sweet Roll
Pineapple Chunks

Tuesday, November 30

Breakfast

Breakfast Bar
Cheese Stick
Applesauce
Fruit Juice

Lunch

Nachos-Taco Meat
Queso Cheese Sauce
Salsa
Salad w/Dressing
Applesauce

★ OUR NATION'S HISTORY ★

W

hen the bald eagle was adopted as a national emblem in 1782, Ben Franklin opposed the choice of that "cowardly" bird. His choice? The noble turkey, which he described as "a much more respectable bird, and a true original Native of America, which would not hesitate to attack a British Soldier who should presume to invade his farm yard with a red coat on."

★ WITH LIBERTY & JUSTICE FOR ALL ★



Tangipahoa Parish School Board has partnered with ESS to manage our substitute program effective October 1, 2020.

A leader in K-12 staffing, ESS is now responsible for the hiring, training, and placement of all **substitute food service workers**.

If you are interested in working as a substitute for our school system, please contact:

Clarissa Quinn
District Site Manager - ESS
985-748-2543
cquinn@ess.com

Jaquetta McGee
985-748-2543
jmcgee@ess.com

You can also call 800-641-0140 for more information or you can apply online by visiting www.ESS.jobs.