

Menus for January 2022

Tangipahoa Parish School System



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

Friday, January 7

No School Today



**Professional Day
for Our Teachers**

Monday, January 10

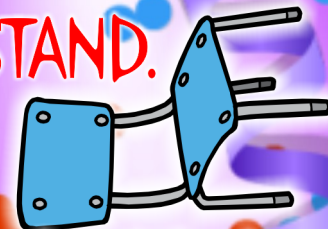
Breakfast

Sausage Biscuit
Pineapple Chunks
Fruit Juice

Lunch

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

TAKE A STAND.



On average, adults over 45 sit for over 12 of 16 waking hours. Kids aged 8-18 sit for 4.5 hours a day at school – and average another 7 hours of total screen time the rest of the day. Health experts say we should stand much more at work and school and try not to sit for more than 30 minutes at a stretch.

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!**

Tuesday, January 11

Breakfast

Breakfast Bar
Applesauce
Fruit Juice

Lunch

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



*Happy
New Year
and Welcome
Back!
We hope you
enjoyed your
break!*

Wednesday, January 12

Breakfast

Egggi Waffles
Sausage Patty
Chilled Peaches
Fruit Juice

Lunch

Baked Chicken
Baked Beans
Vegetable Blend
Creamy Coleslaw
Fresh Baked Roll
Chilled Peaches

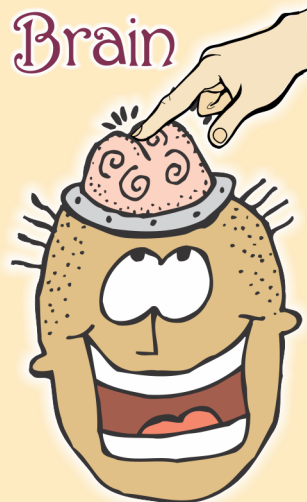
Available Daily

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!

Chocolate
Strawberry
White

Brain



Ticklers

What is black
when you buy it,
red when you
use it, and gray
when you throw
it away?

(Hold the page upside
down and read it in a
mirror for the answer!)

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Thursday, January 13

Breakfast

Pop-Tarts
Fresh Orange Wedges
Fruit Juice

Lunch

Pizza
Pizza Dipping Sauce
Buttered Corn
Mandarin Oranges



**No application
necessary for kids
to sit at our table.**

All of our complete meals are
always **NO CHARGE** for all
students with no need to submit
an application, thanks to the
Community Eligibility Program!



Friday, January 14

Breakfast

Manager's Choice
Menu
Tropical Fruit
Fruit Juice

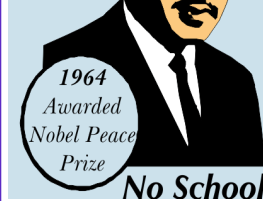
Lunch

Gumbo
Steamed White Rice
Potato Salad
Marinated Cucumbers
Tropical Fruit

Monday, January 17

Martin Luther King, Jr.

1929
1968



Tuesday, January 18

Breakfast

Breakfast Pizza Bagels
Fresh Apple Slices
Fruit Juice

Lunch

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

Wednesday, January 19

Breakfast

Cinnamon Roll
Chilled Peaches
Fruit Juice

Lunch

Jambalaya
Steamed Cabbage
Glazed Carrots
Garlic Roll
Chilled Peaches

Thursday, January 20

Breakfast

Tangi McGriddle
Fresh Orange Wedges
Fruit Juice

Lunch

Taco Soup
Grilled Cheese
Salad
Brownie
Fresh Orange Wedges

NUTRITION TO GO

The "wrap" was born when someone looked at Mexican favorites like the burrito and figured out that you could roll up just about any combo of tasty treats in a tortilla. U.S. tortilla sales, just \$1 billion in 1990, are now \$12 billion per year, including lots of healthier, fiber-rich options. In fact, tortillas are now the most popular bread in America!

A QUICK BITE FOR PARENTS

Friday, January 21

Breakfast

Ham & Cheese
Croissant
Applesauce
Fruit Juice

Lunch

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

Monday, January 24

Breakfast

Tangi Waffle Slider
Fruit Cocktail
Fruit Juice

Lunch

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

Tuesday, January 25

Breakfast

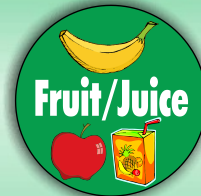
Apple or Cherry Frudel
Applesauce
Fruit Juice

Lunch

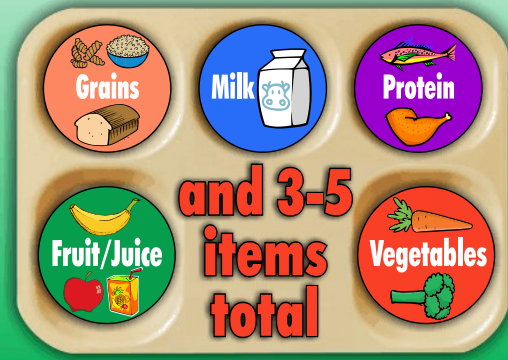
Nachos-Taco Meat
Queso Cheese Sauce
Salsa
Salad w/Dressing
Applesauce

DON'T GET!

**To make a lunch,
choose at least one**



or



Tangipahoa Parish Child Nutrition

Wednesday, January 26

Breakfast

Sausage Egg &
Cheese Croissant
Chilled Pears
Fruit Juice

Lunch

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

Thursday, January 27

Breakfast

Muffin
Fresh Orange Wedges
Fruit Juice

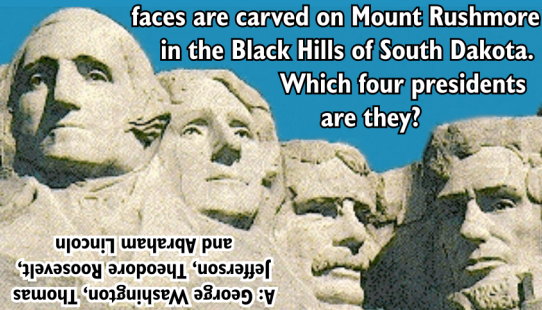
Lunch

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

**THE ORIGINAL
ROCK STARS**

Sixty-foot high sculptures of four presidents' faces are carved on Mount Rushmore in the Black Hills of South Dakota.

Which four presidents are they?



A: George Washington, Thomas Jefferson, Theodore Roosevelt, and Abraham Lincoln

Friday, January 28

Breakfast

Breakfast Pizza
Mandarin Oranges
Fruit Juice

Lunch

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

Monday, January 31

Breakfast

Sausage Patty, Toast & Hash Browns
Chilled Pears
Fruit Juice

Lunch

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

**Word
of the
Month
truth**

n. 1. the true or actual state of a matter
2. conformity with fact or reality 3. a verified or indisputable fact, proposition, principle, or the like



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.