

Menus for May 2022

Tangipahoa Parish School System

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

Monday, May 2

Breakfast

Sausage Patty, Toast
& Hash Browns
Chilled Pears
Fruit Juice

Lunch

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

Tuesday, May 3

Breakfast

Cinnis Minis
Fresh Apple Slices
Fruit Juice

Lunch

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

CHECK. UP.

Here's a heads-UP to UP your chances for waking UP healthy every day: get an annual CHECK UP. Whether you're young or old or somewhere in between, a yearly doctor visit can find and fix problems before they crop UP!



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

Wednesday, May 4

Breakfast

Bacon, Egg & Cheese
Scramble
Biscuit Stick w/Jelly
Banana
Fruit Juice

Lunch

Breaded Pork Chop
Cheesy Potatoes
Steamed Broccoli
Dinner Roll
Banana

Thursday, May 5

Breakfast

Crunchmania
Cheese Stick
Applesauce
Fruit Juice

Lunch

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



Word of the Month pa·tience

n. 1. endurance of hardship or inconvenience without complaint
2. calmness and self-control in the face of delay 3. understanding of others' difficulties

Friday, May 6

Breakfast

Chicken Biscuit
Fruit Cocktail
Fruit Juice

Lunch

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

NUTRITION TO GO

Broccoli is an excellent source of vitamin C and beta carotene, both of which can help fight cancer. Frozen broccoli actually has more beta carotene (but less vitamin C) than fresh. Steaming fresh broccoli is the best way to retain nutrients and avoid the "too strong" flavor that results from overcooking.

A QUICK BITE FOR PARENTS



Sunday, May 8th

Monday, May 9

Breakfast

Sausage Biscuit
Pineapple Chunks
Fruit Juice

Lunch

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

Tuesday, May 10

Breakfast

Breakfast Bar
Applesauce
Fruit Juice

Lunch

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

Wednesday, May 11

Breakfast

Eggoji Waffles
Sausage Patty
Chilled Peaches
Fruit Juice

Lunch

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

Thursday, May 12

Breakfast

Pop-Tarts
Fresh Orange Wedges
Fruit Juice

Lunch

Pizza
Pizza Dipping Sauce
Buttered Corn
Mandarin Orange Fluff

Friday, May 13

Breakfast

Colby Cheese Omelet
& Toast w/Jelly
Tropical Fruit
Fruit Juice

Lunch

Gumbo
Steamed White Rice
Potato Salad
Marinated Cucumbers
Tropical Fruit

Monday, May 16

Breakfast

**Manager's Choice
Menu**
Fruit Juice
Choice of Milk

Lunch

**Manager's Choice
Menu**
Choice of Milk

Tuesday, May 17

Breakfast

**Manager's Choice
Menu**
Fruit Juice
Choice of Milk

Lunch

**Manager's Choice
Menu**
Choice of Milk

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!

Wednesday, May 18

Breakfast

**Manager's Choice
Menu**
Fruit Juice
Choice of Milk

Lunch

**Manager's Choice
Menu**
Choice of Milk

Thursday, May 19

Breakfast

**Manager's Choice
Menu**
Fruit Juice
Choice of Milk

Lunch

**Manager's Choice
Menu**
Choice of Milk

Friday, May 20

Breakfast

**Manager's Choice
Menu**
Fruit Juice
Choice of Milk

Lunch

**Manager's Choice
Menu**
Choice of Milk

Monday, May 23

Breakfast

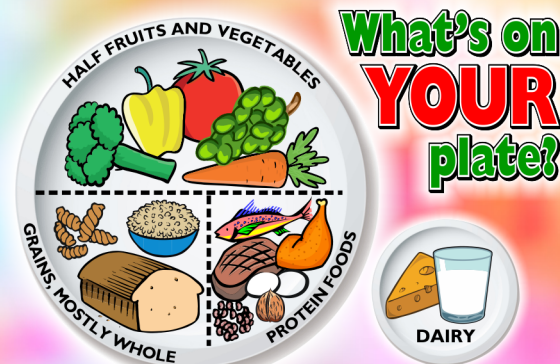
**Manager's Choice
Menu**
Fruit Juice
Choice of Milk

Lunch

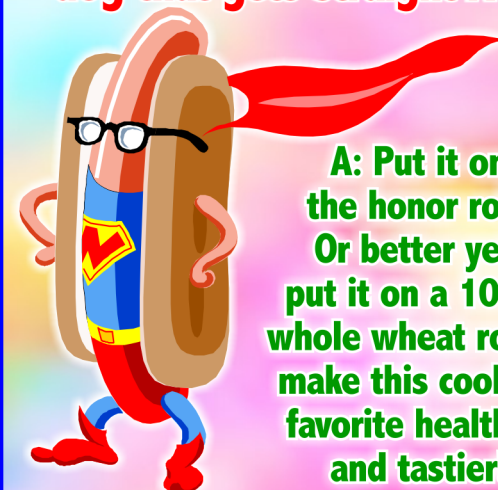
**Manager's Choice
Menu**
Choice of Milk

DON'T GET!

Take at least **ONE**
FRUIT or **VEGGIE**
and at least **THREE** items total
so your meal counts as a complete lunch!



Q: What do you do with a hot dog that gets straight A's?

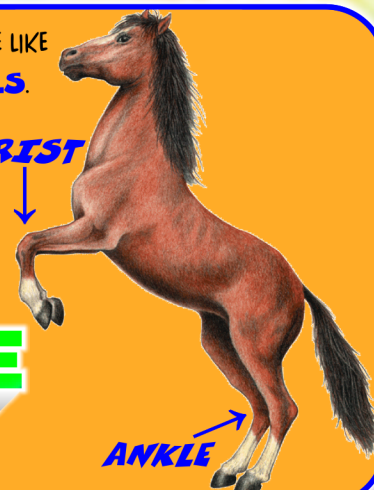


A: Put it on the honor roll! Or better yet, put it on a 100% whole wheat roll to make this cookout favorite healthier and tastier!

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

HORSES RUN ON BIG **HOOFES**, WHICH ARE LIKE OUR **FINGERNAILS** AND **TOENAILS**. THEIR "HANDS" AND "FEET" ARE MUCH LONGER THAN OURS -- A HORSE'S "WRIST" IS ACTUALLY **HALFWAY UP ITS FRONT LEG**, AND ITS "ANKLE" IS **HALFWAY UP ITS BACK LEG!**

WRIST



ANKLE

STRANGE BUT TRUE!

VEGETABLE



Radish

Radishes make a crunchy, peppery addition to salads and sandwiches, and the radish greens and roots are edible, too! The nutritional payoff is great for such a small package -- fiber, vitamins C and B-6, antioxidants, beta-carotene, iron, and more!

OF THE MONTH



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**.