

Menus for August 2022

Tangipahoa Parish School System

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



MEAT, MEET YOUR MATCH

Crocodiles prefer meat. Any kind of meat and lots of it. They'll eat whatever they can snatch -- depending on where they live, that includes snakes, cows, deer, fish, wildebeest, gazelles, dingos, water buffaloes, boars, kangaroos, hippos, other crocodiles, small elephants -- even sharks. No wonder big crocs can tip the scales at more than 2,000 pounds!

ANIMAL APPETITES

We're **SO GLAD** to see you! It's going to be a **GREAT YEAR!**

Welcome Back for **FOOD, FUN, & FITNESS!**



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

KIDS! Join us daily for the original value meal!

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!

Monday, August 15

Breakfast
Mini Pancake & Sausage Bites
Fruit Juice
Fresh Orange Wedges

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

Tuesday, August 16

Breakfast
Mini Bread Loaf
Cheese Stick
Fruit Juice
Applesauce

Lunch
Nachos-Taco Meat
Golden Queso Cheese
Ranchero Beans
Salsa
Buttered Corn
Applesauce

Wednesday, August 17

Breakfast
Sausage/Egg
Croissant
Fruit Juice
Raisins

Lunch
Oven Fried Chicken
Mashed Potatoes/Gravy
Vegetable Blend
Dinner Roll
Frozen Fruit Cup

DON'T 4 GET!

To make a lunch, choose at least one

Fruit/Juice

OR

Veggie

Grains

Milk

Protein

and 3-5 items total

Fruit/Juice

Vegetables

Goal: Try Something "NEW"

Thursday, August 11

Breakfast
Pop Tarts
Fruit Juice
Applesauce

Lunch
Pizza
Pizza Dipping Sauce
Buttered Corn
Applesauce

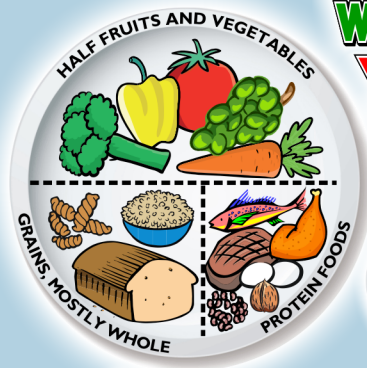
Friday, August 12

Breakfast
Muffin
Fruit Juice
Raisins

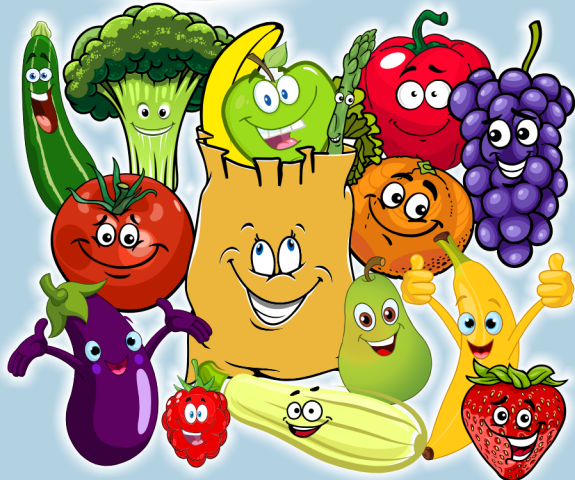
Lunch
Hamburger on Bun
Seasoned French Fries
Lettuce/Tomato/Pickle
Raisins

AVAILABLE DAILY:

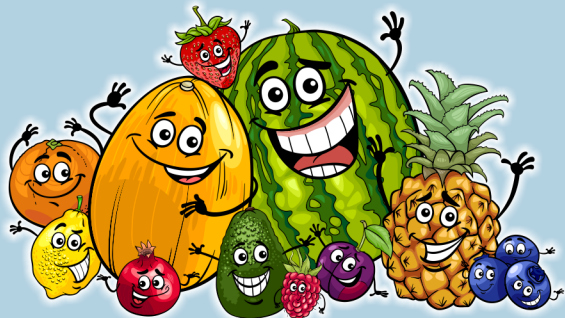
A Variety of Breakfast Choices are also available in addition to our standard **HOT Breakfast Choice!**



What's on
YOUR
plate?



Try to eat a
RAINBOW
of different colors!



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

Thursday, August 18

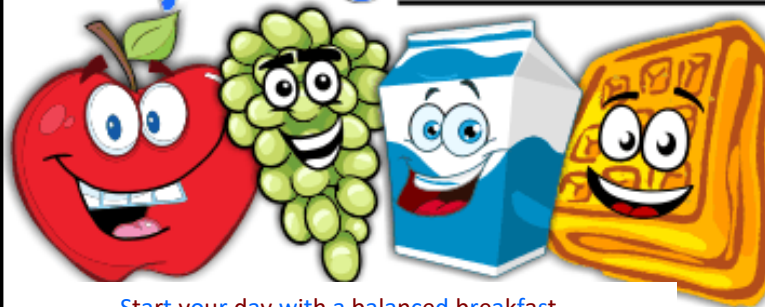
Breakfast

Muffin
Fruit Juice
Chilled Pears

Lunch

Spaghetti &
Meat Sauce
Seasoned Green
Beans
Texas Toast
Chilled Pears

come join us for **Breakfast@School**



Start your day with a balanced breakfast.....

Friday, August 19

Breakfast

Breakfast Pizza
Fruit Juice
Mandarin Oranges

Lunch

Crunchy Fish Sticks
Macaroni & Cheese
Marinated Tomatoes
Steamed Broccoli
Mandarin Oranges

Monday, August 22

Breakfast

Sausage Patty, Biscuit
& Hash Brown Patty
Fruit Juice
Pineapple Tidbits

Lunch

Salisbury Steak
Mashed Potatoes/
Gravy
Glazed Carrots
Dinner Roll
Pineapple Tidbits

Tuesday, August 23

Breakfast

Blueberry or Cinnamon
Scone
Fruit Juice
Fresh Apple Slices

Lunch

Sloppy Joe on Bun
Tasty Tater Tots
Baked Beans
Baby Carrots w/Ranch
Fresh Apple Slices

Wednesday, August 24

Breakfast

Egg Scramble with
Bacon & Cheese
Fruit Juice
Banana

Lunch

Breaded Pork Chop
Scalloped Potatoes
Steamed Broccoli
Dinner Roll
Banana

Thursday, August 25

Breakfast

Crunchmania
Fruit Juice
Applesauce

Lunch

Louisiana Red Beans
Steamed White Rice
Marinated Cucumbers
Mustard Greens
Homemade Cornbread
Applesauce

Friday, August 26

Breakfast

Pancake & Sausage
on Stick
Fruit Juice
Fruit Cocktail

Lunch

Pizza
Pizza Dipping Sauce
Buttered Corn
Peach Crisp

Monday, August 29

Breakfast

English Muffin
Breakfast Sammie
Fruit Juice
Pineapple Chunks

Lunch

Chicken Alfredo
With A Twist
Steamed Broccoli
Salad with Dressing
Dinner Roll
Candy Corn Fruit Parfait

Tuesday, August 30

Breakfast

Breakfast Bar
Fruit Juice
Chilled Peaches

Lunch

Tangi Soft Taco with
Meat & Queso Cheese
Refried Beans
Salsa
Buttered Corn
Frozen Fruit Cup

Wednesday, August 31

Breakfast

Eggoji Waffles
Sausage Patty
Fruit Juice
Tropical Fruit

Lunch

Baked Chicken
Candied Yams
Vegetable Blend
Dinner Roll
Tropical Fruit

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

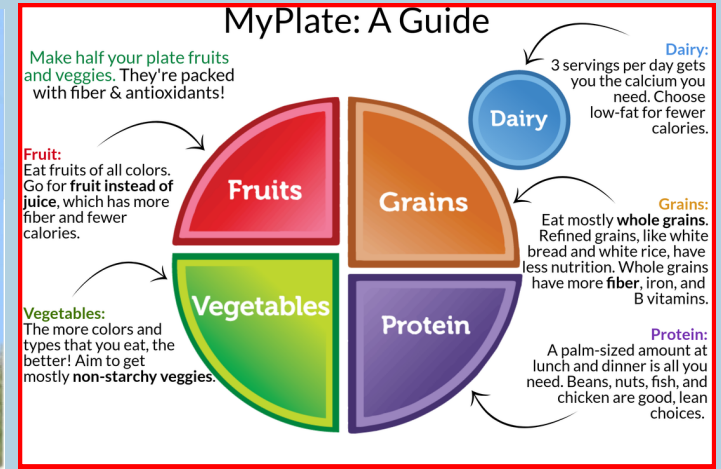
This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

Sandwich Line Menu Now Being Offered to All

5th - 12th Grade Students on each Tuesday & Thursday



All Sandwich Line Menus come with a choice of the Vegetables, Fruit & Milk off of the Mama's Kitchen Hot Lunch Line!



Tuesday, August 16	Thursday, August 18	Tuesday, August 23	Thursday, August 25	Tuesday, August 30
Pizza Pizza Dipping Sauce Salad w/Dressing	Hamburger on Bun Seasoned French Fries Lettuce/Tomato/Pickle	Fish Patty on Bun	Spicy Chicken on Bun Chips	Hamburger on Bun Seasoned French Fries Lettuce/Tomato/Pickle

Word of the Month

hon·est

adj. 1. honorable in principles, intentions, and actions. 2. showing uprightness and fairness. 3. truthful or credible. 4. sincere, frank.

COME JOIN US FOR LUNCH@SCHOOL!

Studies show that eating a healthy meal promotes better grades.....

What's on YOUR plate?

HALF FRUITS AND VEGETABLES

GRAINS, MOSTLY WHOLE

PROTEIN FOODS

DAIRY



**Starting
Pay
\$13.00
Hour**

Tangipahoa Parish School Board has partnered with ESS to manage our substitute program. A leader in K-12 staffing, ESS is now responsible for the hiring, training, and placement of all of our **substitute food service workers**.
How would you like to be off nights, weekends, holidays & summers?

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

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

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

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