

Menus for SEPTEMBER 2022

Tangipahoa Parish School System

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



**NO SCHOOL
MONDAY,
SEPTEMBER 5**



Tuesday, September 6

Breakfast

Homemade
Cinnamon Roll
Fruit Juice
Craisins

Lunch

Mandarin Orange Chicken
Steamed White Rice
Vegetable Medley
Salad w/Dressing
Flavored Craisins
Dinner Roll

Wednesday, September 7

Breakfast

Breakfast Pizza Bagel
Fruit Juice
Chilled Peaches

Lunch

Homemade Jambalaya
Steamed Cabbage
Candied Yams
Chilled Peaches
Garlic Dinner Roll

Thursday, September 1

Breakfast

French Toast Sticks
Fruit Juice
Fresh Orange Wedges

Lunch

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

Friday, September 2

Breakfast

Pop Tarts
Fruit Juice
Applesauce

Lunch

Chicken & Sausage
Gumbo
Steamed White Rice
Creamy Potato Salad
Marinated Cucumbers
Crackers
Applesauce

Thursday, September 8

Breakfast

Belgian Waffle
Cheese Stick
Fruit Juice
Fresh Orange Wedges

Lunch

Chicken Tenders
Curly Fries
Steamed Broccoli w/
Cheese
Strawberry Cup
Texas Toast

Friday, September 9

Breakfast

Ham & Cheese
Croissant
Fruit Juice
Applesauce Cup

Lunch

Macaroni/Beef/Cheese
Casserole
Seasoned Green Beans
Glazed Carrots
Applesauce Cup
Dinner Roll

Monday, September 12

Breakfast

Mini Pancake &
Sausage Bites
Fruit Juice
Fresh Orange Wedges

Lunch

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

Tuesday, September 13

Breakfast

Mini Bread Loaf
Cheese Stick
Fruit Juice
Applesauce

Lunch

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

Wed., September 14

Breakfast

Sausage/Egg
Croissant
Fruit Juice
Raisins

Lunch

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

DON'T 4 GET!

To make a lunch, choose at least one



or



and 3-5
items
total

Tangipahoa Parish
School System

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!



Thursday, September 15

Breakfast

Muffin
Fruit Juice
Chilled Pears

Lunch

Spaghetti & Meat Sauce
Seasoned Green Beans
Texas Toast
Chilled Pears

Friday, September 16

Breakfast

Breakfast Pizza
Fruit Juice
Mandarin Oranges

Lunch

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

Monday, September 19

Breakfast

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

Lunch

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

Word of the Month

eth·ics

n. 1. A system of moral principles that guides one's behavior 2. The standards governing the conduct of the members of a group or profession; for example, *medical ethics*

Tuesday, September 20

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

Wed., September 21

Breakfast

Egg Scramble with Bacon & Cheese
Fruit Juice
Banana

Lunch

Breaded Pork Chop
Scalloped Potatoes
Steamed Broccoli
Dinner Roll
Banana

Thursday, September 22

Breakfast

Crunchmania
Fruit Juice
Applesauce

Lunch

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

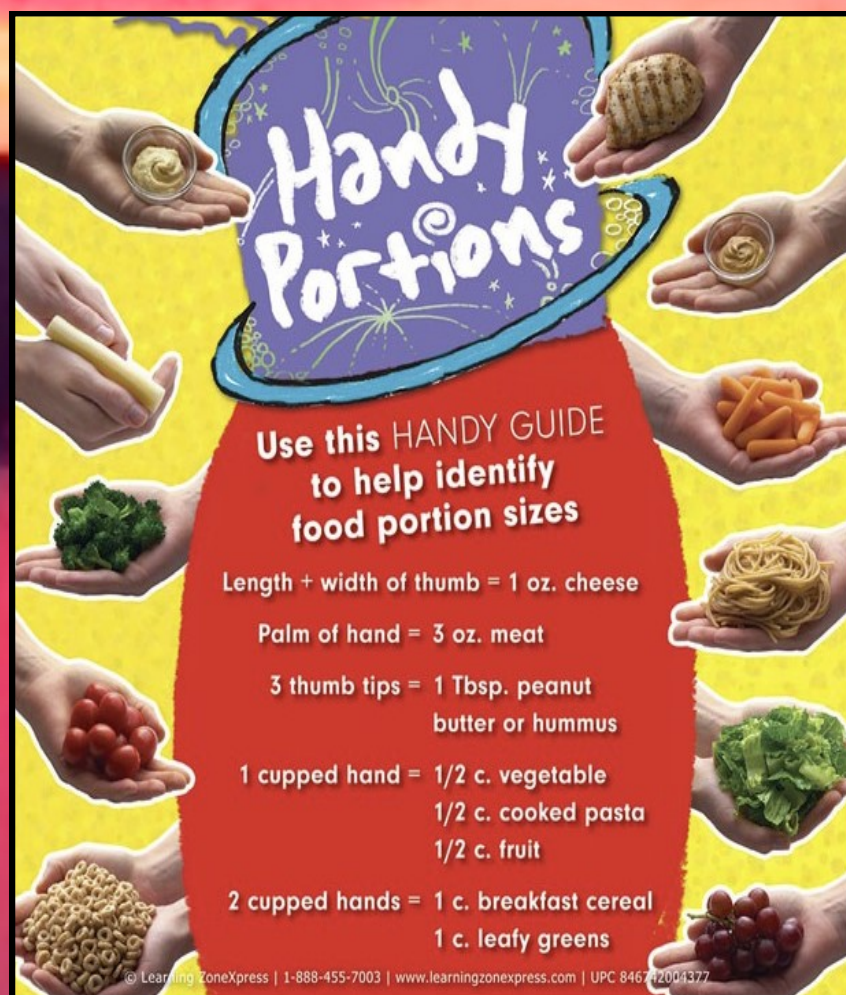
Friday, September 23

Breakfast

Pancake & Sausage on Stick
Fruit Juice
Fruit Cocktail

Lunch

Pizza
Pizza Dipping Sauce
Buttered Corn
Peach Crisp



Monday, September 26

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, September 27

Breakfast

Breakfast Bar
Fruit Juice
Chilled Peaches

Lunch

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

Wed., September 28

Breakfast

Eggoji Waffles
Sausage Patty
Fruit Juice
Tropical Fruit

Lunch

Baked Chicken
Candied Yams
Vegetable Blend
Dinner Roll
Tropical Fruit

Thursday, September 29

Breakfast

French Toast Sticks
Fruit Juice
Fresh Orange Wedges

Lunch

Hamburger on Bun
Seasoned French Fries
Lettuce/Tomato/Pickle
Hot Baked Apple Crisp

5-12 Grade Sandwich Line Menu

Tuesday & Thursday

Thursday, September 1

Calzone
Pizza Dipping Sauce

Tuesday, September 6

Chili Cheese Fries

Thursday, September 8

Spicy Chicken
Sandwich

Tuesday, September 13

Pizza
Pizza Dipping Sauce
Salad w/Dressing

Thursday, September 15

Hamburger on Bun
Seasoned French Fries
Lettuce/Tomato/Pickle

Tuesday, September 20

Fish on Bun

Thursday, September 22

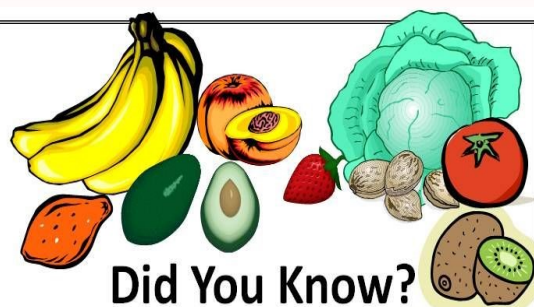
Spicy Chicken
Sandwich
Chips

Tuesday, September 27

Hamburger on Bun
Seasoned French Fries
Lettuce/Tomato/Pickle

Thursday, September 29

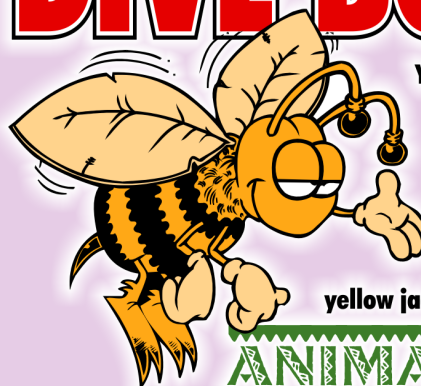
Calzone
Pizza Dipping Sauce



- ✓ The only fruit that has its seeds on the outer skin is the strawberry.
- ✓ The only vegetable or fruit that is never sold frozen, canned, processed, cooked, or in any form other than fresh is lettuce.
- ✓ Almonds are members of the peach family.
- ✓ Tomatoes are a fruit.
- ✓ Kiwi is neither a fruit nor a vegetable. It's a flightless bird native to New Zealand. New Zealanders also like to refer to themselves as kiwis, but they find it irritating when we refer to "kiwifruit" as just "kiwi".
- ✓ Bananas, mangoes, peaches, and avocados are pollinated by bats.

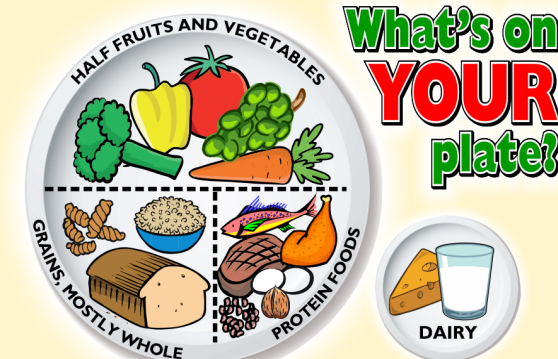
All Sandwich Line Menus come with a choice of the Vegetables, Fruit & Milk off of the Mama's Kitchen Hot Lunch Line!

DIVE BOMBER

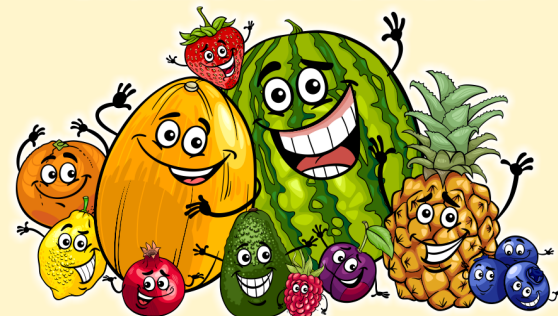


Yellow jackets just love to attack soda cans this time of year. Why? Well, they've had all summer to build up their populations, and most of their natural food sources are starting to dry up. There's a solution, though – yellow jackets won't go near a bottle of water!

ANIMAL APPETITES



Try to eat a **RAINBOW** of different colors!



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



**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**