

Menus for OCTOBER 2022

Wednesday, October 5

Breakfast

Breakfast Pizza Bagel
Fruit Juice
Chilled Peaches

Lunch

Homemade Jambalaya
Steamed Cabbage
Candied Yams
Chilled Peaches
Garlic Dinner Roll

Thursday, October 6

Breakfast

Belgian Waffle
Cheese Stick
Fruit Juice
Fresh Orange Wedges

Lunch

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

Friday, October 7

Breakfast

Ham & Cheese
Croissant
Fruit Juice
Applesauce

Lunch

Macaroni Ham & Cheese
Seasoned Green Beans
Glazed Carrots
Dinner Roll
Applesauce

Monday, October 3

Breakfast

Chicken Biscuit
Fruit Juice
Pineapple Tidbits

Lunch

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

Tuesday, October 4

Breakfast

Homemade
Cinnamon Roll
Fruit Juice
Craisins

Lunch

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

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, October 5

Breakfast

Breakfast Pizza Bagel
Fruit Juice
Chilled Peaches

Lunch

Homemade Jambalaya
Steamed Cabbage
Candied Yams
Chilled Peaches
Garlic Dinner Roll

Thursday, October 6

Breakfast

Belgian Waffle
Cheese Stick
Fruit Juice
Fresh Orange Wedges

Lunch

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

Friday, October 7

Breakfast

Ham & Cheese
Croissant
Fruit Juice
Applesauce

Lunch

Macaroni Ham & Cheese
Seasoned Green Beans
Glazed Carrots
Dinner Roll
Applesauce

TAKE A HIKE?

Lots of kids (and adults!) are
probably feeling a candy
binge coming on this
month. OK. But for every
2 little "fun size" candies
you eat, you need to
hike 30 minutes to work
off the calories. So take
it easy - or take a hike!



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

Monday, October 10

Breakfast

Mini Pancake &
Sausage Bites
Fruit Juice
Fresh Orange Wedges

Lunch

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

Tuesday, October 11

Breakfast

Mini Bread Loaf
Cheese Stick
Fruit Juice
Applesauce

Lunch

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



National School Lunch Week October 10-14

Wednesday, October 12

Breakfast

Sausage/Egg/Cheese
Croissant
Fruit Juice
Raisins

Lunch

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

Thursday, October 13

Breakfast

Muffin
Fruit Juice
Chilled Pears

Lunch

Spaghetti &
Meat Sauce
Seasoned Green
Beans
Texas Toast
Chilled Pears

Friday, October 14

Breakfast

Breakfast Pizza
Fruit Juice
Mandarin Oranges

Lunch

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




No application necessary for you to join us.

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, October 17


No School Today



Professional Day for Our Teachers

Tuesday, October 18

No School Today



Professional Day for Our Teachers

Wednesday, October 19

Breakfast
Egg Scramble with Bacon & Cheese
Biscuit Stick
Fruit Juice
Banana

Lunch
Breaded Pork Chop
Scalloped Potatoes
Steamed Broccoli
Dinner Roll
Banana

Thursday, October 20

Breakfast
Crunchmania
Fruit Juice
Applesauce

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

Friday, October 21

Breakfast
Pancake & Sausage on Stick
Fruit Juice
Fruit Cocktail

Lunch
Pizza
Pizza Dipping Sauce
Buttered Corn
Peach Crisp

Monday, October 24

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

31 DAYS IN THE MONTH

National Pizza Month

Baseball World Series

Yom Kippur

Cosmos & Marigold October Flowers

Opal Birthstone

Cinnamon Roll Day

National Popcorn Month

Astrology Signs
Libra
Scorpio

OCTOBER FUN FACTS

Halloween

National Origami Month

Breast Cancer Awareness Month

AUTUMN

Autumn Season

10th Month of The Year

Octopus Day

National School Lunch Week October 10-14

Tuesday, October 25

Breakfast
Breakfast Bar
Fruit Juice
Chilled Peaches

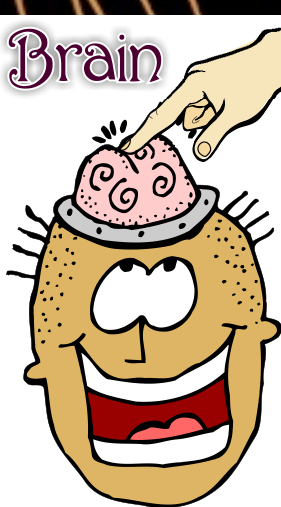
Lunch
Tangi Soft Taco with Meat & Queso Cheese
Refried Beans
Salsa
Buttered Corn
Frozen Fruit Cup

Wednesday, October 26

Breakfast
Eggoji Waffles
Sausage Patty
Fruit Juice
Tropical Fruit

Lunch
Baked Chicken
Candied Yams
Vegetable Blend
Dinner Roll
Tropical Fruit

Brain Ticklers



What has hands but cannot clap and a face but cannot smile?

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

by MARGIE

Thursday, October 27

Breakfast
French Toast Sticks
Fruit Juice
Fresh Orange Wedges

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

Friday, October 28

Breakfast
Pop Tarts
Fruit Juice
Applesauce

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

Monday, October 31

Breakfast
Chicken Biscuit
Fruit Juice
Pineapple Tidbits

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

BE ALERT & PLEASE STAY SAFE!



5-12 Grade Sandwich Line Menu

Tuesday's & Thursday's

Tuesday, October 4

Chili Cheese Fries

Thursday, October 6

Spicy Chicken on Bun

Tuesday, October 11

Pizza
Pizza Dipping Sauce
Salad w/Dressing

Thursday, October 13

Hamburger on Bun
Seasoned French
Fries
Lettuce/Tomato/Pickle

Thursday, October 20

Spicy Chicken on Bun

Tuesday, October 25

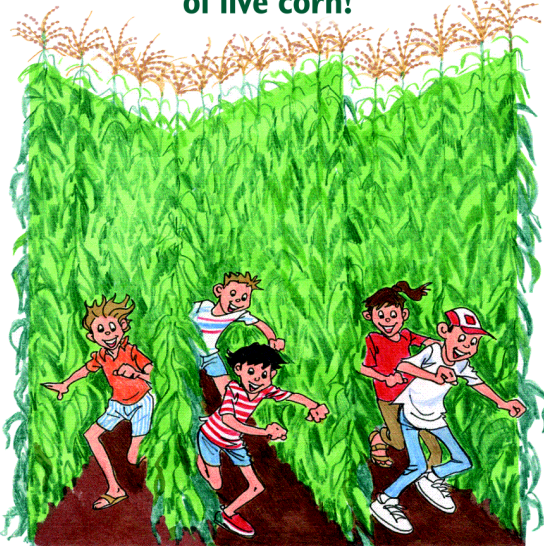
Hamburger on Bun
Seasoned French
Fries
Lettuce/Tomato/Pickle

Thursday, October 27

Calzone
Pizza Dipping Sauce

WORLD'S LARGEST CORN MAZE

It's in Spring Grove, Illinois and features 10 miles of trails making up 5 connected mazes on 28 acres of live corn!



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

Word of the Month

tol·er·ance

n. 1. willingness to recognize and respect the beliefs or practices of others 2. understanding of those who are different from oneself

DON'T 4 GET!

To make a lunch,
choose at least one



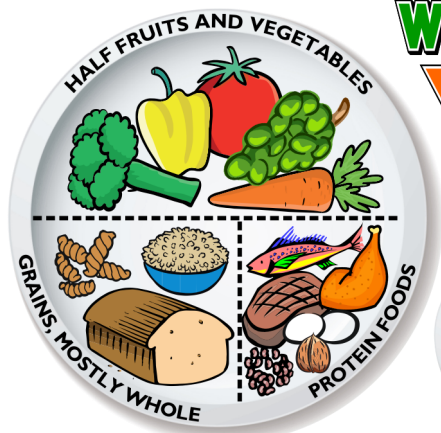
or



and 3-5
items
total



Tangipahoa Parish
School System



What's on
YOUR
plate?



Solve the Amazing Maze o' Maize and WIN!

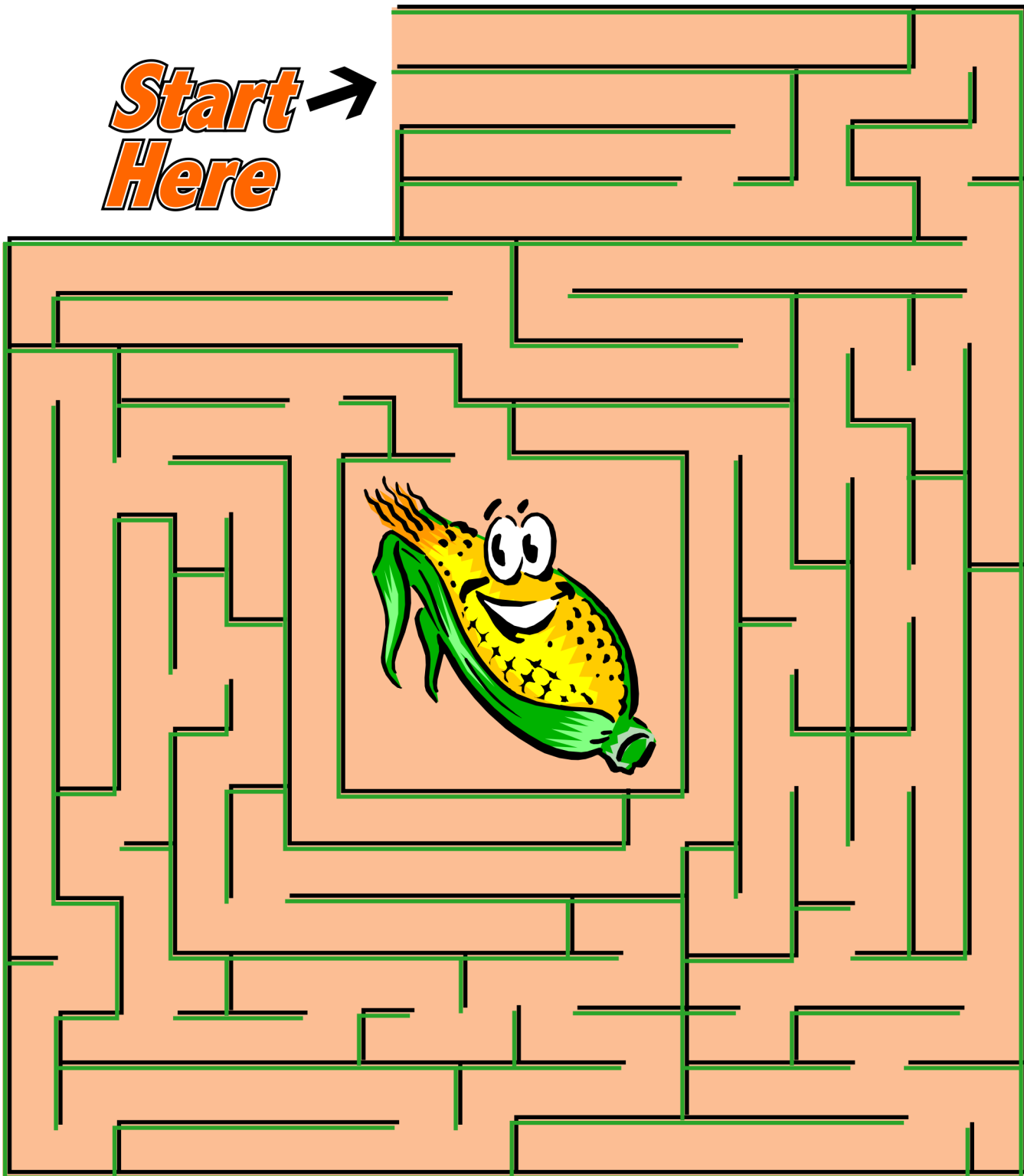
Another name for corn is "maize," and although this may not be the biggest maize maze in the world, it's still **FUN!** Can you find your way to the delicious ear of corn in the center?

**YOU NEVER KNOW WHAT YOU
MIGHT RUN INTO OUT THERE!**



STAY ALERT & BE SAFE!

Start →
Here





**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**