



Menus for November 2022

Tangipahoa
Parish
School
System

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

Tuesday, November 1

Breakfast

Cinnamon Roll
Fruit Juice
Craisins

Lunch

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

PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's a lot easier to do with a partner, and it's easier still with an entire family-YOURS!



And Thanksgiving weekend is the perfect time to start!

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

Wednesday, November 2

Breakfast

Breakfast Pizza Bagel
Fruit Juice
Chilled Peaches

Lunch

Homemade
Jambalaya
Steamed Cabbage
Candied Yams
Garlic Dinner 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!



Thursday, November 3

Breakfast

Belgian Waffle
Cheese Stick
Fruit Juice
Fresh Orange Wedges

Lunch

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

Friday, November 4

Breakfast

Ham, Egg & Cheese
Croissant
Fruit Juice
Applesauce

Lunch

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

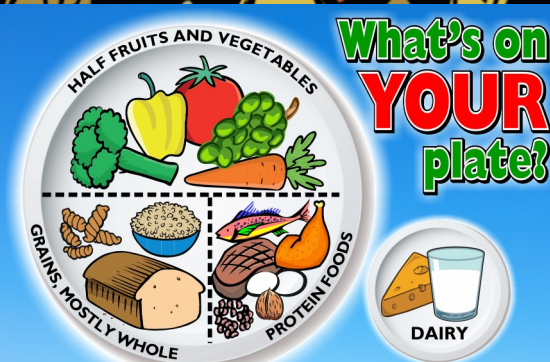
Monday, November 7

Breakfast

Mini Pancake &
Sausage Bites
Fruit Juice
Fresh Orange Wedges

Lunch

Taco Soup
Homemade Grill
Cheese Sandwich
Salad w/Dressing
Fresh Orange Wedges



**What are the farmers in
this picture harvesting?**



Cranberries! The popular holiday treat is grown in cool parts of the country in wetland areas known as "bogs." At harvest time, farmers flood the bogs and then wade into the water to corral the delicious berries!

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

Tuesday, November 8

**No School
Today for**



Wednesday, November 9

Breakfast

Sausage, Egg &
Cheese Croissant
Fruit Juice
Raisins

Lunch

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

Thursday, November 10

Breakfast

Muffin
Fruit Juice
Chilled Pears

Lunch

Spaghetti &
Meat Sauce
Seasoned Green
Beans
Texas Toast
Chilled Pears

Friday, November 11

Breakfast

Breakfast Pizza
Fruit Juice
Mandarin Oranges

Lunch

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

Monday, November 14

Breakfast

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

Lunch

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

Tuesday, November 15

Breakfast

Blueberry or
Cinnamon Scone
Fruit Juice
Fresh Apple Slices

Lunch

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



KIDS!
Join us for our
Thanksgiving Feast
Wednesday,
November 16

Wednesday, November 16

Breakfast

Egg Scramble &
Biscuit Stick
Fruit Juice & Banana

Lunch

Turkey & Gravy
Cornbread Dressing
Green Peas
Candied Yams
Dinner Roll
Cranberry Sauce
Banana

Thursday, November 17

Breakfast

Crunchmania
Fruit Juice
Applesauce

Lunch

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

Friday, November 18

Breakfast

Pancake & Sausage
on a Stick
Fruit Juice
Fruit Cocktail

Lunch

Pizza
Pizza Dipping Sauce
Buttered Corn
Peach Crisp

Thanksgiving

Enjoy your Holiday!

See you Monday, November 28th!

Monday, November 28

Breakfast

English Muffin
Breakfast Sammie
Fruit Juice
Pineapple Chunks

Lunch

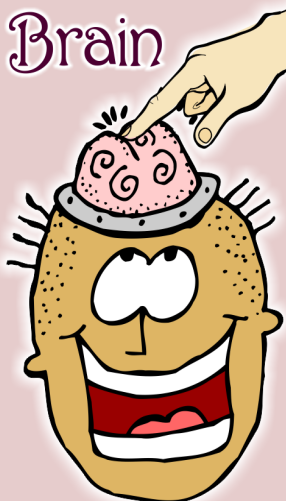
Chicken Alfredo
with a Twist
Steamed Broccoli
Salad w/Dressing
Dinner Roll
Candy Corn Fruit Parfait

**DON'T FORGET TO
SET YOUR
CLOCKS BACK
1 HOUR**



Sunday, Nov. 6th

Brain



Ticklers

Where do
turkeys
go to
dance?

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

The Butter Ball!

Tuesday, November 29

Breakfast

Breakfast Bar
Fruit Juice
Chilled Peaches

Lunch

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

Wednesday, November 30

Breakfast

Eggoji Waffle &
Sausage Patty
Fruit Juice
Tropical Fruit

Lunch

BBQ Baked Chicken
Candied Yams
Vegetable Blend
Dinner Roll
Tropical Fruit

DON'T 4 GET!

To make a lunch,
choose at least one



or



TANGIPAHOA PARISH
CHILD NUTRITION SERVICES

5th - 12th Grade Sandwich Line Menu

Tuesday's & Thursday's

Tuesday, November 1

Chili Cheese Fries

Thursday, November 3

Spicy Chicken on Bun

Tuesday, November 8



Thursday, November 10

Hamburger on Bun
Seasoned French Fries
Lettuce/Tomato/Pickle

Tuesday, November 15

Fish on Bun

Thursday, November 17

Spicy Chicken on Bun
Chips

Tuesday, November 29

Hamburger on Bun
Seasoned French Fries
Lettuce/Tomato/Pickle

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



Teachers know: well-fed students are hungry to learn.

The teachers in our schools have a tough job, but there's a simple way that we can help make that job a little bit easier. We can make sure our kids eat well.

Research shows that kids who eat regular, nutritious meals score higher on standardized tests. And that makes sense, doesn't it? After all, well-fed students pay better attention in class. They participate more enthusiastically. They even tend to behave better. So, sure, they learn more readily.

That's why we prepare and serve nutritious meals for your kids at school. We're here for just one reason: to provide support to the teachers who do the heavy lifting of educating our students. If we can make sure that kids come to class ready to learn, we've helped our teachers accomplish their all-important jobs.

Please join us in saying thanks to our teachers during American Education Week, November 13-16. But let's not stop there. Let's also make sure that when our kids get to the classroom they are well-fed -- and hungry to learn.

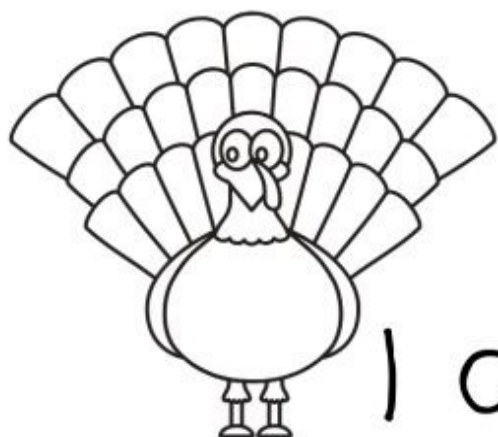
School Meals
We serve education every day™

STRANGE BUT TRUE!

LOTS OF OTHER ANIMALS BESIDES DEER LOVE ACORNS. BUT IF ALL THE ACORNS GET EATEN, WHERE WILL NEW OAK TREES COME FROM? DON'T WORRY -- **THE OAK TREES HAVE A PLAN!** MOST YEARS, THE TREES PRODUCE A FAIRLY SMALL CROP OF ACORNS, WHICH MEANS THE ACORN-EATERS WILL HAVE LESS FOOD TO GO AROUND AND FEWER OFFSPRING. THEN, THE TREES WILL HAVE **WHAT'S KNOWN AS A "MAST" YEAR,** WHEN THEY PRODUCE HUGE NUMBERS OF ACORNS -- FAR MORE THEN THE SMALLER POPULATION OF ACORN-LOVERS CAN EAT, SO MORE ACORNS

**HAVE A CHANCE
TO BECOME
SEEDLINGS
AND MATURE
OAKS!**





It's Thanksgiving!!!

I am Thankful for...

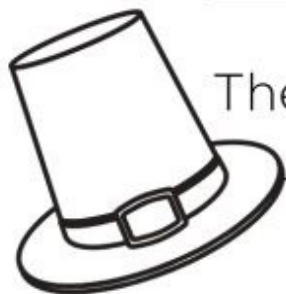


I am thankful for my _____

I am thankful I get to _____

_____ Add a subheading
I am thankful that I have _____

I am thankful for my favorite food _____



The best part about Thanksgiving is _____

♥ Love: _____





**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
985-327-3286
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**