

Menus for February 2023

Tangipahoa Parish School System

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



Wednesday, February 1

Breakfast

Egg Scramble with
Bacon & Cheese
Biscuit Stick
Fruit Juice
Banana

Lunch

Breaded Pork Chop
Scalloped Potatoes
Steamed Broccoli
Dinner Roll
Banana

Thursday, February 2

Breakfast

Crunchmania
Fruit Juice
Applesauce

Lunch

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

Become a Food Service Worker:

Please see the advertisement on Page 3 from ESS.

Friday, February 3

Breakfast

Pancake & Sausage
on Stick
Fruit Juice
Fruit Cocktail

Lunch

Pizza
Pizza Dipping Sauce
Buttered Corn
Peach Crisp

Monday, February 6

Breakfast

Manager's Choice
Fruit Juice
Pineapple Chunks

Lunch

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

Tuesday, February 7

Breakfast

Breakfast Bar
Fruit Juice
Chilled Peaches

Lunch

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

DON'T GET!

To make a lunch, choose at least one



or



and 3-5 items total

Tangipahoa Parish School System

Wednesday, February 8

Breakfast

Eggoji Waffles
Sausage Patty
Fruit Juice
Tropical Fruit

Lunch

Baked Chicken
Candied Yams
Vegetable Blend
Dinner Roll
Tropical Fruit

Thursday, February 9

Breakfast

French Toast Sticks
Fruit Juice
Fresh Orange Wedges

Lunch

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

Friday, February 10

Breakfast

Pop Tarts
Fruit Juice
Applesauce

Lunch

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

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

Monday, February 13

Breakfast

Chicken Biscuit
Fruit Juice
Pineapple Tidbits

Lunch

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

Tuesday, February 14

Breakfast

Homemade
Cinnamon Roll
Fruit Juice
Craisins

Lunch

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

HAPPY
VALENTINE'S DAY!



FEBRUARY 14



Too easy?

Sometimes we can rely a little too much on the easiest options. Take boxed mac 'n cheese. It's convenient and quick. It's easy to keep on hand. And kids like it. But it's also made from refined grains rather than whole grains, and it's fairly high in calories, saturated fat, and sodium. It can even contain some trans fat, if made according to the package directions. So mac 'n cheese is fine once in awhile, especially served with fresh veggies like broccoli on the side. But it should not be a go-to meal for kids all the time.



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

Wednesday, February 15

Breakfast

Breakfast Pizza Bagel
Fruit Juice
Chilled Peaches

Lunch

Homemade Jambalaya
Steamed Cabbage
Candied Yams
Chilled Peaches
Garlic Dinner Roll

Thursday, February 16

Breakfast

Belgian Waffle
Cheese Stick
Fruit Juice
Fresh Orange Wedges

Lunch

Chicken Tenders
Curly Fries
Steamed Broccoli w/ Cheese
Texas Toast

Thursday, February 23

Breakfast

Muffin
Fruit Juice
Chilled Pears

Lunch

Spaghetti & Meat Sauce
Seasoned Green Beans
Texas Toast
Chilled Pears

Friday, February 24

Breakfast

Breakfast Pizza
Fruit Juice
Mandarin Oranges

Lunch

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

Monday, February 27

Breakfast

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

Lunch

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



No application necessary for kids to sit at our table.

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!



Friday, February 17

Breakfast

Ham & Cheese Croissant
Fruit Juice
Applesauce

Lunch

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

Every complete meal we serve comes with your choice of milk



BELOW THE SNOW

A frozen February field in a place like Yellowstone National Park might appear lifeless. But the fox knows better. Below that insulating blanket of snow, the environment at the ground stays near 32° Fahrenheit, no matter how far below zero the air temperature may fall or how frigid and hard the icy winter winds may blow. In this relatively balmy layer, insects stay active and shrews and voles and other rodents dig tunnels through the snow and go about their business. The fox can't see their movements, but it can hear and smell them -- and it hunts through the snow pack to survive until the warmth of spring brings everything back to the surface once more.



FRUIT

Pink Grapefruit

The red and pink versions of this winter favorite have a very special attribute. Like tomatoes, red peppers, and other reddish foods, they're high in the ultra-healthy substance lycopene.



OF THE MONTH

Tuesday, February 28

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

5-12 Grade Sandwich Line Menu

Tuesday & Thursday

Thursday, February 2

Spicy Chicken Sandwich
Chips

Tuesday, February 7

Hamburger on Bun
Seasoned French Fries
Lettuce/Tomato/Pickle

Thursday, February 9

Calzone
Pizza Dipping Sauce

Tuesday, February 14

Chili Cheese Fries

Thursday, February 16

Spicy Chicken Sandwich

Happy
Mardi
Gras
y'all

Thursday, February 23

Hamburger on Bun
Seasoned French Fries
Lettuce/Tomato/Pickle

Tuesday, February 28

Fish on Bun

♥ Happy Valentines Day ♥



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Available Daily

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

STRANGE BUT TRUE!

UNLIKE THE GROUNDHOG, THE OPOSSUM DOESN'T GET ITS VERY OWN DAY. **BUT MAYBE IT SHOULD.** BECAUSE THE OPOSSUM IS TRULY ONE OF THE **WEIRDEST AND COOLEST ANIMALS** AROUND! LIKE US, THEY

HAVE OPPOSABLE THUMBS FOR GRASPING - EXCEPT THEY HAVE THEM **ON**

THEIR FEET! THEY'VE BEEN AROUND SINCE **THE TIME OF THE DINOSAURS,**

PROBABLY BECAUSE THEY'LL **EAT ANYTHING,** INCLUDING SNAILS AND SLUGS AND BEETLES, SO THEY'RE GREAT TO HAVE IN A GARDEN. THE FEMALE GIVES BIRTH TO BABIES THE **SIZE**

OF A HONEYBEE AND KEEPS THEM IN HER POUCH FOR 4 MONTHS, MAKING HER NORTH AMERICA'S ONLY NATIVE MARSUPIAL.

PLUS, OPOSSUMS ARE TOTALLY IMMUNE TO SNAKE VENOM, AND THEY'RE ALSO **A GREAT FIGHTER AGAINST LYME DISEASE**

- THEY EAT THE MICE THAT CARRY THE TICKS THAT SPREAD THE DISEASE AND THEY ALSO EAT **THOUSANDS** OF THE TICKS WHILE GROOMING THEMSELVES THROUGHOUT THE YEAR.





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.