

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



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

<u>Lunch</u>

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

To make a lunch, choose at least one









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 Month

hon·est

adj. 1. honorable in principles, intentions,and actions 2. showing uprightness and fairness3. truthful or credible4. 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

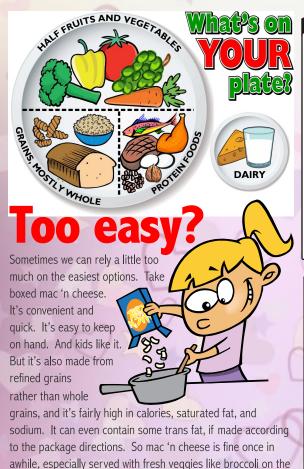
Breakfast

Homemade
Cinnamon Roll
Fruit Juice
Craisins

Lunch

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





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**





No application

necessary for kids

to sit at our table.

Community Eligibility Program!



Breakfast

Friday, February 17

Ham & Cheese Croissant Fruit Juice Applesauce

Lunch

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



All of our complete meals are always **NO CHARGE** for all students with no need to submit an application, thanks to the









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

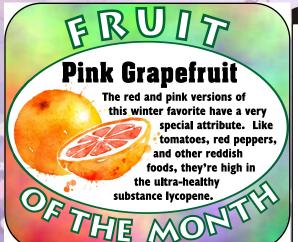
Salisbury Steak Mashed Potatoes/ Gravy **Glazed Carrots** Dinner Roll Pineapple Tidbits





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.



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



Thursday, February 23

Hamburger on Bun Seasoned French Fries Lettuce/Tomato/Pickle Tuesday, February 28

Fish on Bun





Word of the Month honest

adj. **1.** honorable in principles, intentions, and actions

2. showing uprightness and fairness **3**. truthful or credible

4. sincere, frank





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.