

Menus for SEPTEMBER 2023

Tangipahoa Parish School System

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

Friday, September 1

Breakfast

Pop Tarts
Applesauce
Fruit Juice

Lunch

Gumbo
Steamed White Rice
Seasoned Green Beans
Marinated Cucumbers
Crackers
Applesauce

Monday, September 4



DON'T 4 GET!

To make a lunch, choose at least one



or



Tangipahoa Parish
School System

Tuesday, September 5

Breakfast

Cinnamon Roll
Jell-O
Fruit Juice

Lunch

Mandarin Orange
Chicken
Steamed White Rice
Dumplings w/Teriyaki
Steamed Vegetables
Salad w/Dressing
Jell-O

Wednesday, September 6

Breakfast

Pizza Bagel
Chilled Peaches
Fruit Juice

Lunch

Jambalaya
Steamed Cabbage
Candied Yams
Garlic Dinner Roll
Chilled Peaches

Thursday, September 7

Breakfast

Cheese Omelet & Grits
Strawberry Cup
Fruit Juice

Lunch

Chicken Tenders
Cheesy Potatoes
Steamed Broccoli w/
Cheese
Texas Toast
Strawberry Cup

Friday, September 8

Breakfast

Ham & Cheese
Croissant
Applesauce
Fruit Juice

Lunch

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

Monday, September 11

Breakfast

Mini Pancake &
Sausage Bites
Fresh Orange Wedges
Fruit Juice

Lunch

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

AVAILABLE DAILY:

There will be 2 Breakfast Choices Daily

Choice of Milk Available
with Breakfast & Lunch:
Low-Fat White,
Chocolate & Strawberry



Word of the Month pride

adj. 1. a sense of one's own proper dignity or value; self-respect
2. pleasure or satisfaction taken in a special accomplishment

Tuesday, September 12

Breakfast

Biscuit & Bacon
Applesauce
Fruit Juice

Lunch

Nachos-Taco Meat
Golden Queso
Salsa
Buttered Corn
Applesauce

Wednesday, September 13

Breakfast

Sausage Croissant
Raisins
Fruit Juice

Lunch

Popcorn Chicken Bites
Mashed Potatoes/
Gravy
Green Peas
Dinner Roll
Frozen Fruit Cup

Thursday, September 14

Breakfast

Muffin
Chilled Pears
Fruit Juice

Lunch

Tangi's Famous BBQ
on Slider Buns
Coleslaw
Baked Beans
Pickle Spears
Chilled Pears

BREAKFAST IS FREE FOR ALL STUDENTS EVERY SCHOOL DAY. (Just thought we'd remind you.)

Friday, September 15

Breakfast

Breakfast Pizza
Mandarin Oranges
Fruit Juice

Lunch

Crunchy Fish Sticks
Homemade Macaroni
& Cheese
Steamed Broccoli
Mandarin Oranges

Monday, September 18

Breakfast

Sausage Biscuit &
Hash brown
Pineapple Tidbits
Fruit Juice

Lunch

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

Tuesday, September 19

Breakfast

Chocolate Swirl
Strawberry Cup
Fruit Juice

Lunch

Breaded Pork Chop
Mashed Potatoes/Gravy
Seasoned Green
Beans
Dinner Roll
Strawberry Cup

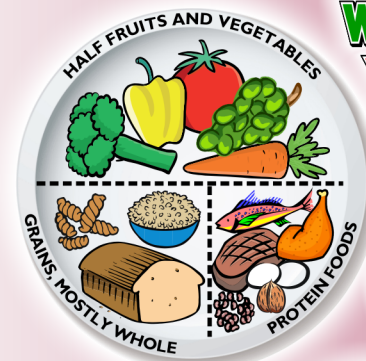
Wednesday, September 20

Breakfast

Egg Eggstravaganza
Biscuit/Jelly
Fresh Apples
Fruit Juice

Lunch

Sloppy Joe on Bun
Tasty Tots
Baked Beans
Raw Carrots w/Ranch
Fun Dip Apples



What's on
YOUR
plate?



What does
a pickle
start out
as and
how
does
it become
a pickle?



A: Pickles begin life as cucumbers, which are made into pickles by soaking in a solution of salt, vinegar, and flavors like dill and garlic. Lots of other foods are "pickled" by this process, too, like sauerkraut and pickled peppers, to name just two!

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

Thursday, September 21

Breakfast

Crunchmania
Fruit Cocktail
Fruit Juice

Lunch

Salisbury Steak/Gravy
Mashed Potatoes
Glazed Carrots
Dinner Roll
Fruit Cocktail

Friday, September 22

Breakfast

Pancake on Stick
Sliced Peaches
Fruit Juice

Lunch

Pizza
Marinara Sauce
Buttered Corn
Peach Crisp

Monday, September 25

Breakfast

Maple Pancake
Sandwich w/Sausage &
Cheese
Mandarin Oranges
Fruit Juice

Lunch

Mini Corndogs
Tasty Tots
Steamed Broccoli
Baked Beans
Candy Corn Fruit Parfait

Tuesday, September 26

Breakfast

Breakfast Bar
Craisins
Fruit Juice

Lunch

Walking Tacos
Taco Meat
Queso Cheese
Salsa
Buttered Corn
Frozen Fruit Cup

Wednesday, September 27

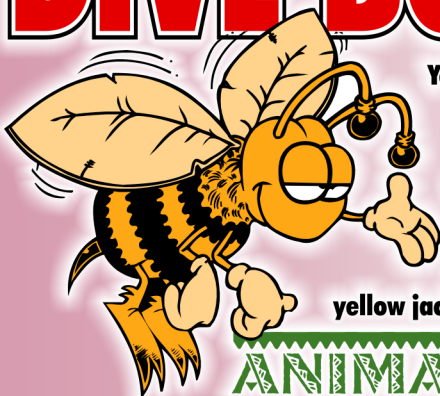
Breakfast

Cereal
Tropical Fruit
Fruit Juice

Lunch

Baked Chicken
Green Peas
Candied Yams
Dinner Roll
Tropical Fruit

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

Thursday, September 28

Breakfast

French Toast
Fresh Orange Wedges
Fruit Juice

Lunch

Hamburger on Bun
French Fries
Lettuce/Tomato/Pickle
Baked Apples

Brain Ticklers



What do you
call a Gorilla
with a banana
in each ear?

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

— no can't hear, don't
anything don't want

Friday, September 29

Breakfast

Pop Tarts
Applesauce
Fruit Juice

Lunch

Gumbo
Steamed White Rice
Seasoned Green
Beans
Marinated Cucumbers
Crackers
Applesauce



Sandwich Line Menu

5th - 12th Grade Students

Friday, September 1 Spicy Chicken Sandwich	Tuesday, September 5 Spicy Chicken Sandwich	Wednesday, September 6 Ham & Cheese Melt	Thursday, September 7 Chili Cheese Tots	Friday, September 8 Cheeseburger
Monday, September 11 Honey Island Chicken Sandwich	Tuesday, September 12 Stuffed Crust Pizza	Wednesday, September 13 BBQ Ribbett on Bun	Thursday, September 14 Chili Cheese Baked Potato	Friday, September 15 Spicy Chicken Chunks
Monday, September 18 Stuffed Sandwich	Tuesday, September 19 Stuffed Crust Pizza	Wednesday, September 20 Tangi's Famous BBQ Sliders	Thursday, September 21 Hamburger	Friday, September 22 Fish Sandwich
Monday, September 25 Buffalo Chicken Sandwich	Tuesday, September 26 Cheeseburger Sliders	Wednesday, September 27 Grilled Cheese Sandwich	Thursday, September 28 Buffalo Chicken Pizza	Friday, September 29 Spicy Chicken Sandwich

Available Daily:

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



Fresh Made Salads Now Being Offered to

9th - 12th Grade Students on each Tuesday & Thursday

Tuesday, September 5 Spicy Chicken Salad	Thursday, September 7 Chef Salad	Tuesday, September 12 Popcorn Chicken Salad	Thursday, September 14 Taco Salad	Tuesday, September 19 Spicy Chicken Salad	Thursday, September 21 Chef Salad	Tuesday, September 26 Popcorn Chicken Salad	Thursday, September 28 Taco Salad
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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
(504) 784-0453
cquinn@ess.com

Jaquetta McGee
(985) 327-3286
jmcgee@ess.com

You can also call 800-641-0140 for more information or you can apply online by visiting www.ESS.jobs.