

Menus for October 2023

**Tangipahoa
Parish
School
System**

This institution is an equal opportunity provider.



Monday, October 2

Breakfast

Chicken Biscuit or
Belgian Waffles
Pineapple Tidbits
Fruit Juice

Lunch

Hot Dog w/Chili &
Cheese
Tasty Tots
Baked Beans
Pineapple Tidbits

Tuesday, October 3

Breakfast

Homemade Cinnamon
Roll or Breakfast Bar
Jell-O
Fruit Juice

Lunch

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

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!**

Wednesday, October 4

Breakfast

Pizza Bagel or
Crescent Filled Bar
Chilled Peaches
Fruit Juice

Lunch

Jambalaya
Steamed Cabbage
Candied Yams
Garlic Dinner Roll
Chilled Peaches

Thursday, October 5

Breakfast

Cheese Omelet & Grits
or Breakfast Clusters
Strawberry Cup
Fruit Juice

Lunch

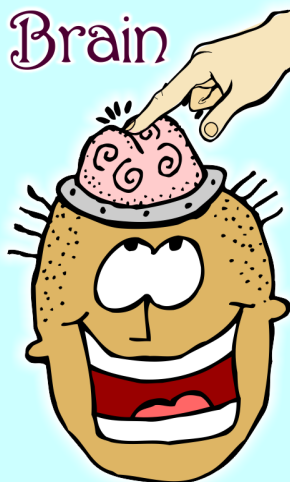
Chicken Tenders
Cheesy Potatoes
Steamed Broccoli w/
Cheese
Texas Toast
Strawberry Cup

Friday, October 6



**NO
SCHOOL
TODAY...**

Brain



Ticklers

What position
does a ghost
play in
soccer?

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

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Monday, October 9

Breakfast

Mini Pancake &
Sausage Bites or
Pop Tarts
Fresh Orange Wedges
Fruit Juice

Lunch

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

Tuesday, October 10

Breakfast

Bacon Biscuit or
Breakfast Bar
Applesauce
Fruit Juice

Lunch

Nachos-Taco Meat
Golden Queso
Salsa
Buttered Corn
Applesauce

Available Daily:

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



Wednesday, October 11

Breakfast

Sausage Croissant or
Cereal
Raisins
Fruit Juice

Lunch

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

VEGETABLE Spinach



The easiest and tastiest
way to cook fresh spinach is
sauteeing. Preheat a big
pan, add a little olive oil,
and then pile in lots of
spinach - it will cook
way, way down! Add a
little garlic, salt, and pepper.
It's healthy raw, too!

OF THE MONTH

Thursday, October 12

Breakfast

Muffin or
Pancake on Stick
Chilled Pears
Fruit Juice

Lunch

Tangi's Famous
BBQ Sliders
Coleslaw
Baked Beans
Pickle Spears
Chilled Pears

Friday, October 13

Breakfast

Breakfast Pizza or
Mini Cinnis
Mandarin Oranges
Fruit Juice

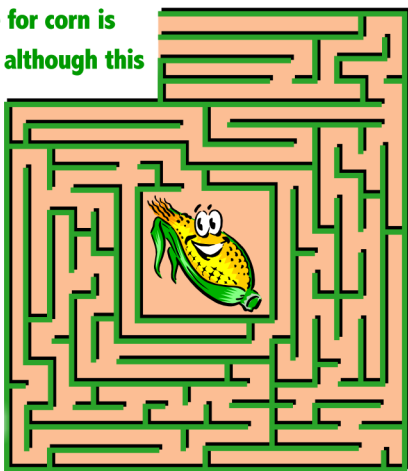
Lunch

Crunchy Fish Sticks
Homemade Macaroni
& Cheese
Steamed Broccoli
Mandarin Oranges



Can you solve the Amazing Maze o' Maize?

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?



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

Monday, October 16

No School Today



Professional Day for Our Teachers

Tuesday, October 17

No School Today



Professional Day for Our Teachers

Wednesday, October 18

Breakfast

Egg Eggstravaganza
Biscuit/Jelly or
Iced Cinnamon Swirl
Fresh Apples
Fruit Juice

Lunch

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

Thursday, October 19

Breakfast

Crunchmania or
Chicken Biscuit
Fruit Cocktail
Fruit Juice

Lunch

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

Friday, October 20

Breakfast

Pancake on Stick or
Glazed Donut
Sliced Peaches
Fruit Juice

Lunch

Pizza
Marinara Sauce
Buttered Corn
Peach Crisp

Monday, October 23

Breakfast

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

Lunch

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

Tuesday, October 24

Breakfast

Breakfast Bar or
Pancakes w/Glaze
Craisins
Fruit Juice

Lunch

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

Wednesday, October 25

Breakfast

Cereal or
Dutch Waffle
Tropical Fruit
Fruit Juice

Lunch

Baked Chicken
Green Peas
Candied Yams
Dinner Roll
Tropical Fruit

Thursday, October 26

Breakfast

French Toast or
Soft Filled Bar
Fresh Orange Wedges
Fruit Juice

Lunch

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

Word of the Month fair

adj. 1. free from bias, dishonesty, or injustice
2. legitimately done; proper under the rules
3. unbiased, equitable, just, honest, impartial

Friday, October 27

Breakfast

Pop Tarts or
Breakfast Pizza
Applesauce
Fruit Juice

Lunch

Gumbo
Steamed White Rice
Potato Salad
Marinated Cucumbers
Crackers
Applesauce

Monday, October 30

Breakfast

Chicken Biscuit or
Belgian Waffles
Pineapple Tidbits
Fruit Juice

Lunch

Hot Dog w/Chili &
Cheese
Tasty Tots
Baked Beans
Pineapple Tidbits

Tuesday, October 31

Breakfast

Homemade Cinnamon
Roll or Breakfast Bar
Jell-O
Fruit Juice

Lunch

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

OCTOBER IS

Breast Cancer

AWARENESS MONTH

YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!



STAY ALERT & BE SAFE!

5-12 Grade Sandwich Line Menu

Monday, October 2 Popcorn Chicken Sandwich	Tuesday, October 3 Spicy Chicken Sandwich	Wednesday, October 4 Ham & Cheese Melt	Thursday, October 5 Chili Cheese Tots	Friday, October 6 Cheeseburger	Monday, October 9 Honey Island Chicken Sandwich	Tuesday, October 10 Stuffed Crust Pizza
Wednesday, October 11 BBQ Ribbett on Bun	Thursday, October 12 Chili Cheese Baked Potato	Friday, October 13 Spicy Chicken Chunks	October 16 & 17 No School on these two days for Professional Development	Wednesday, October 18 Tangi's Famous BBQ Sliders	Thursday, October 19 Hamburger	Friday, October 20 Fish Sandwich
Monday, October 23 Buffalo Chicken Sandwich	Tuesday, October 24 Cheeseburger Sliders	Wednesday, October 25 Grilled Cheese Sandwich	Thursday, October 26 Buffalo Chicken Pizza	Friday, October 27 Spicy Chicken Sandwich	Monday, October 30 Popcorn Chicken Sandwich	Tuesday, October 31 Spicy Chicken Sandwich

****All sandwich & salad choices are available with vegetables, fruit and milk choice off of the regular hot lunch line.*

9-12 Grade Salad Line Menu Available on Tuesday's & Thursday's

Tuesday, October 3 Spicy Chicken Salad	Thursday, October 5 Chef Salad	Tuesday, October 10 Popcorn Chicken Salad	Thursday, October 12 Taco Salad
Thursday, October 19 Chef Salad	Tuesday, October 24 Popcorn Chicken Salad	Thursday, October 26 Taco Salad	Tuesday, October 31 Spicy Chicken Salad

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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 the placement of all **substitute school food service workers**.

If you are interested in working as a substitute for our school system, please contact:

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

Clarissa Quinn
(504) 784-0453
cquinn@ess.com

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

How would you like to be OFF on nights, weekends, holidays & summers?

**Cafeteria workers work a total of 180 days per calendar year.
That's only 6 months out of the year.**

The scheduled hours are from 6:30—2:00 each school day.