

Menus for NOVEMBER 2023

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

Wednesday, November 1

Breakfast

Pizza Bagel or
Crescent Filled Bar
Chilled Peaches
Fruit Juice

Lunch

Jambalaya
Steamed Cabbage
Candied Yams
Garlic Dinner Roll
Chilled Peaches

Thursday, November 2

Breakfast

Cheese Omelet & Grits
or Breakfast Clusters
Strawberry Cup
Fruit Juice

Lunch

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

AVAILABLE DAILY

Choice of Milk Available with
Breakfast & Lunch:

Low-Fat White,
Chocolate &
Strawberry



Friday, November 3

Breakfast

Ham & Cheese
Croissant or Yogurt &
Grahams
Applesauce
Fruit Juice

Lunch

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

DON'T FORGET!



SUNDAY, NOV. 5

Monday, November 6

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, November 7

Breakfast

Biscuit & Bacon or
Breakfast Bar
Applesauce
Fruit Juice

Lunch

Nachos-Taco Meat
Golden Queso
Salsa
Buttered Corn
Applesauce

Wednesday, November 8

Breakfast

Sausage Croissant
or Cereal
Raisins
Fruit Juice

Lunch

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



Thursday, November 9

Breakfast

Muffin or
Pancake on Stick
Chilled Pears
Fruit Juice

Lunch

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

Friday, November 10

Breakfast

Breakfast Pizza or
Cinnis Mini
Mandarin Oranges
Fruit Juice

Lunch

Crunchy Fish Sticks
Homemade Macaroni
& Cheese
Steamed Broccoli
Mandarin Oranges

Monday, November 13

Breakfast

Sausage Biscuit &
Hash Brown or
Muffin Cup
Pineapple Tidbits
Fruit Juice

Lunch

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

Tuesday, November 14

Breakfast

Chocolate Swirl or
Tangi McGriddle
Strawberry Cup
Fruit Juice

Lunch

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

Wednesday, November 15

Breakfast

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

Lunch

Turkey/Gravy
Cornbread Dressing
Green Peas
Cranberry Sauce
Dinner Roll
Banana

KIDS!
Join us for our
Thanksgiving
Feast

Featuring
Turkey & all
your favorite
trimmings

Wednesday, November 15



What's on
YOUR
plate?



**Find the two dozen
Thanksgiving words!**

- | | |
|---------|--------------|
| AMERICA | MAYFLOWER |
| COLONY | PIE |
| COOK | PILGRIMS |
| CORN | PLYMOUTH |
| ENGLAND | PUMPKIN |
| FALL | SAIL |
| FAMILY | SETTLERS |
| FEAST | SQUASH |
| FREEDOM | STUFFING |
| GRAVY | THANKSGIVING |
| HARVEST | TURKEY |
| MAIZE | YAMS |



S M K E Y D E Z I A M C N N
P U M P K I N G G K A O G Z
M C M R G L G M C O L O N Y
O M O C R H L F F T T K I X
B I D S Q U A S H S E D V P
A S E C O R N M A E A D I I
J E E I P A D E E V G W G L
E N R T I L F M Y R N J S G
O O F M T K Y E S A I L K R
O C D R G L K M E H F C N I
L I I P I R E W O L F Y A M
B S G M U L A R B U U W H S
Z F A T P O D V S I T U T A
J F A L L S M A Y H S H Z B

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

Thursday, November 16

Breakfast

- Crunchmania or Chicken Biscuit
- Fruit Cocktail
- Fruit Juice

Lunch

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

I am the letter

F



frog

Friday, November 17

Breakfast

- Pancake on Stick or Glazed Donut
- Sliced Peaches
- Fruit Juice

Lunch

- Pizza
- Marinara Sauce
- Buttered Corn
- Peach Crisp

VEGETABLE

Sweet Potatoes

Sweet potatoes are delicious whipped, mashed, baked in the skin, or cut into fries. And however you eat them, they're loaded with lots of beta-carotene and other good stuff!

OF THE MONTH

ENJOY YOUR
HOLIDAY!



SEE YOU
NOVEMBER 27

Monday, November 27

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, November 28

Breakfast

- Breakfast Bar or Pancake w/Glaze
- Craisins
- Fruit Juice

Lunch

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

Wednesday, November 29

Breakfast

- Cereal or Dutch Waffle
- Tropical Fruit
- Fruit Juice

Lunch

- Baked Chicken
- Green Peas
- Candied Yams
- Dinner Roll
- Tropical Fruit

Thursday, November 30

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**
re·spect

- n. 1. Consideration
- 2. Courteous appreciation for others' feelings
- v. 1. To honor or hold in esteem 2. To show regard for someone or something

5-12 Grade Sandwich Line Menu



Wednesday, November 1 Ham & Cheese Melt	Thursday, November 2 Chili Cheese Tots	Friday, November 3 Cheeseburger	Monday, November 6 Honey Island Chicken Sandwich	Tuesday, November 7 Stuffed Crust Pizza	Wednesday, November 8 BBQ Ribbett on Bun	
Thursday, November 9 Chili Cheese Baked Potato	Friday, November 10 Spicy Chicken Chunks	Monday, November 13 Stuffed Sandwich	Tuesday, November 14 Stuffed Crust Pizza	Wednesday, November 15 Tangi's Famous BBQ Sliders	Thursday, November 16 Hamburger on Bun	Friday, November 17 Fish Sandwich
Monday, November 27 Buffalo Chicken Sandwich	Tuesday, November 28 Cheeseburger Sliders	Wednesday, November 29 Grilled Cheese Sandwich	Thursday, November 30 Buffalo Chicken Pizza	<i>***All sandwich choices are available with vegetables, fruit and milk choice off of the regular hot lunch line.</i>		

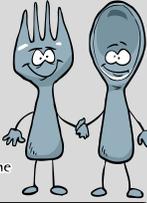
9-12 Grade Salad Line Menu



Available on Tuesday's & Thursday's

Thursday, November 2 Chef Salad		Tuesday, November 7 Popcorn Chicken Salad	Thursday, November 9 Taco Salad
Tuesday, November 14 Spicy Chicken Salad	Thursday, November 16 Chef Salad	Tuesday, November 28 Popcorn Chicken Salad	Thursday, November 30 Taco Salad

THE FAMILY THAT EATS TOGETHER.
Family meals don't just improve kids' nutrition - eating together also helps boost social skills and increase kids' appreciation for the value of food and the effort needed to fix meals.



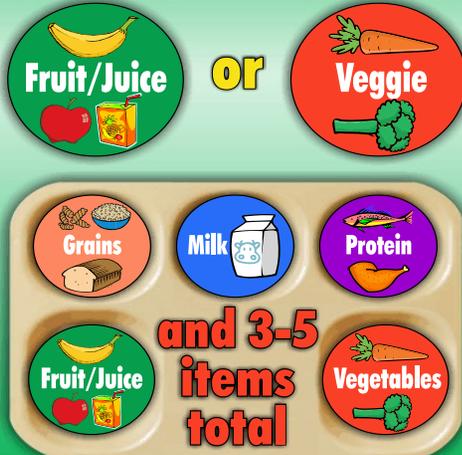
EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

DON'T FORGET TO SET YOUR CLOCKS BACK 1 HOUR



Sunday, Nov. 5

DON'T 4GET!
To make a lunch, choose at least one



and 3-5 items total



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.