

# Menus for NOVEMBER 2023

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



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



## SUNDAY, NOV. 5

## DON'T FORGET!

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



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

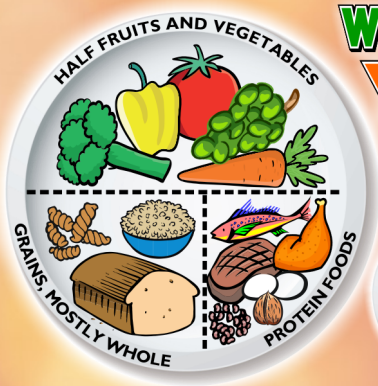
## Breakfast

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

## Lunch

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



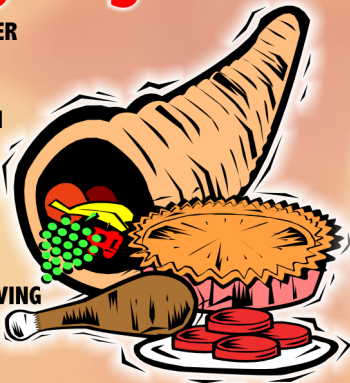


**What's on  
YOUR  
plate?**



**Find the two dozen  
Thanksgiving words!**

AMERICA COLONY COOK CORN ENGLAND FALL FAMILY FEAST FREEDOM GRAVY HARVEST MAIZE  
MAYFLOWER PIE PILGRIMS PLYMOUTH PUMPKIN SAIL SETTLERS SQUASH STUFFING THANKSGIVING TURKEY 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](http://www.CHOOSEMYPLATE.gov) or  
[http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](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!

**THANKSGIVING!**

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

## 9-12 Grade Salad Line Menu

### Available on Tuesday's & Thursday's



|  |   |  |  |
|--|---|--|--|
| <b>Thursday, November 2</b><br>Chef Salad          |  | <b>Tuesday, November 7</b><br>Popcorn Chicken Salad  | <b>Thursday, November 9</b><br>Taco Salad  |
| <b>Tuesday, November 14</b><br>Spicy Chicken Salad | <b>Thursday, November 16</b><br>Chef Salad  | <b>Tuesday, November 28</b><br>Popcorn Chicken Salad | <b>Thursday, November 30</b><br>Taco Salad |



**DON'T 4GET!**

**To make a lunch, choose at least one**

**Fruit/Juice** or **Veggie**

**Grains** **Milk** **Protein**

**Fruit/Juice** **and 3-5 items total** **Vegetables**



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](mailto:jmcgee@ess.com)

Clarissa Quinn  
(504) 784-0453  
[cquinn@ess.com](mailto:cquinn@ess.com)

You can also call 800-641-0140 for more information or you can apply online by visiting [www.ESS.jobs](http://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.