

Menus for January 2024



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

First things First

Choose at least **ONE** serving of **FRUIT**
and at least **THREE** items **TOTAL**
so your meal counts as a **Complete Breakfast!**

BREAKFAST@SCHOOL

For first-class learning!

Monday, January 8

No School Today



Professional Day
for Our Teachers

Tuesday, January 9

No School Today



Professional Day
for Our Teachers

Wednesday, January 10

Breakfast

Cereal
or Dutch Waffle
Tropical Fruit
Fruit Juice

Lunch

Baked Chicken
Green Peas
Candied Yams
Dinner Roll
Tropical Fruit

Thursday, January 11

Breakfast

French Toast
or Soft Filled Bar
Fresh Orange Wedges
Fruit Juice

Lunch

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

Friday, January 12

Breakfast

Pop Tarts or
Breakfast Pizza
Fruit Juice

Lunch

Gumbo
Steamed White Rice
Potato Salad
Marinated Cucumbers
Crackers
Applesauce

Monday, January 15

Martin Luther
King, Jr.

1929
1968



1964
Awarded
Nobel Peace
Prize

No School

Available Daily

Choice of Milk Available with
Breakfast & Lunch:

Low-Fat White,
Chocolate &
Strawberry



CAN IT.

Research continues to show that drinking regular soda has zero upside for your health and plenty of downside. Why not make this the year you and your family "can" your sugary soda habit? And satisfy your sweet tooth with fresh fruit!

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

Tuesday, January 16

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

Wednesday, January 17

Breakfast

Pizza Bagel or
Crescent Filled Bar
Chilled Peaches
Fruit Juice

Lunch

Jambalaya
Steamed Cabbage
Candied Yams
Garlic Dinner Roll
Chilled Peaches

NUTRITION TO GO

Can potato chips be part of a healthy meal? That depends. Is a jumbo bag of chips your entire meal? That's not too healthy. But a meal that includes a small bag of chips, a turkey sandwich with lettuce and tomato, a crisp fresh apple, and a glass of low-fat milk is quite nutritious -- and quite delicious, too!

A QUICK BITE FOR PARENTS

Thursday, January 18

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, January 19

Breakfast

Ham & Cheese
Croissant or
Yogurt & Grahams
Applesauce
Fruit Juice

Lunch

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

Monday, January 22

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, January 23

Breakfast

Bacon Biscuit
or Breakfast Bar
Applesauce
Fruit Juice

Lunch

Nachos-Taco Meat
Golden Queso
Salsa
Buttered Corn
Applesauce

Wednesday, January 24

Breakfast

Sausage Egg &
Cheese Croissant
or Cereal
Raisins
Fruit Juice

Lunch

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



Q: How can you tell if your beans need a shower?!



A: Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

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

Thursday, January 25

Breakfast

Muffin or
Pancake on Stick
Chilled Pears
Fruit Juice

Lunch

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

START DANCING!



NO HIGH FRUCTOSE CORN SYRUP IN ANY OF OUR FLAVORED MILKS!

Friday, January 26

Breakfast

Breakfast Pizza or
Mini Cinnis
Mandarin Oranges
Fruit Juice

Lunch

Crunchy Fish Sticks
Homemade Macaroni
& Cheese
Steamed Broccoli
Mandarin Oranges

Monday, January 29

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, January 30

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, January 31

Breakfast

Egg Eggstravaganza
Biscuit/Jelly or
Cinnamon Roll
Fresh Apples
Fruit Juice

Lunch

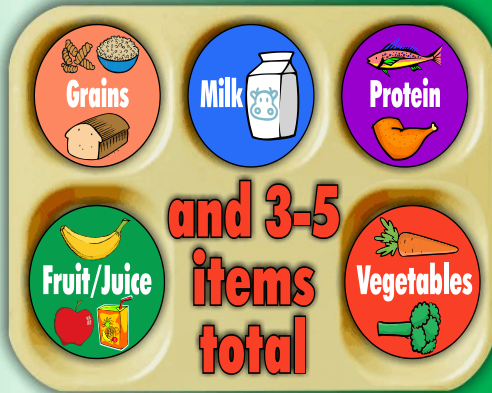
Sloppy Joe on Bun
Tasty Tots
Baked Beans
Raw Carrots w/Ranch
Fun Dip Apples

DON'T GET!

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



or



**WE HAVE YOUR
NEW YEAR'S
RESOLUTION**

Join us every day for convenient, economical, healthy meals!
All of our complete meals are always

NO CHARGE for all students

with no need to submit an application, thanks to the Community Eligibility Program!

5-12 Grade Sandwich Line Menu

Wednesday, January 10

Grilled Cheese Sandwich

Thursday, January 11

Buffalo Chicken Pizza

Friday, January 12

Spicy Chicken Sandwich



Monday, January 15

OFF
Martin Luther King

Tuesday, January 16

Spicy Chicken Sandwich

Wednesday, January 17

Ham & Cheese Melt

Thursday, January 18

Chili Cheese Tots

Friday, January 19

Cheeseburger

Monday, January 22

Honey Island Chicken Sandwich

Tuesday, January 23

Stuffed Crust Pizza

Wednesday, January 24

BBQ Ribbett on Bun



Thursday, January 25

Chili Cheese Baked Potato

Friday, January 26

Spicy Chicken Chunks

Monday, January 29

Stuffed Sandwich



Tuesday, January 30

Stuffed Crust Pizza

Wednesday, January 31

Tangi's Famous BBQ Sliders



9-12 Grade Salad Line Menu

Available on Tuesday's & Thursday's

Thursday, January 11

Taco Salad

Tuesday, January 16

Spicy Chicken Salad

Thursday, January 18

Chef Salad

Tuesday, January 23

Popcorn Chicken Salad

Thursday, January 25

Taco Salad

Tuesday, January 30

Spicy Chicken Salad

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



or



Available Daily

All sandwich choices are available with the vegetable, fruit and milk choice off of the regular hot lunch line.



**Starting
Pay
\$13.00
Hour**

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 placement of all of our **substitute food service workers**.
How would you like to be off nights, weekends, holidays & summers?

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

Jaquetta McGee or
985-748-2543
jmcgee@ess.com

Clarissa Quinn- District Site Manager
985-748-2543
cquinn@ess.com

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