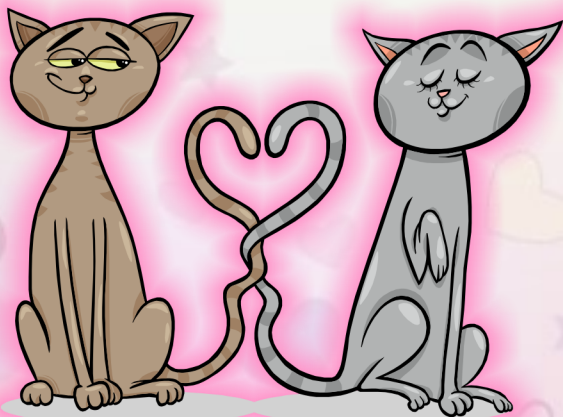


Menus for February 2024

**Tangipahoa
Parish School
System**

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



Thursday, February 1

Breakfast

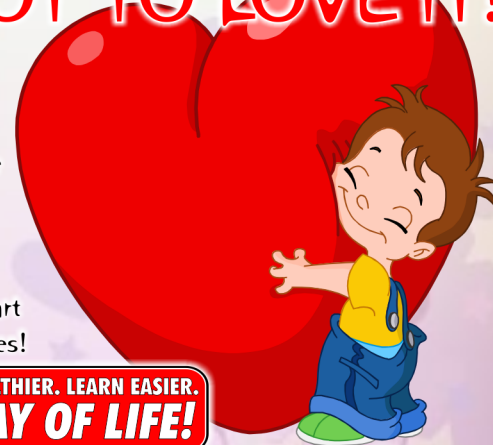
Crunchmania or
Chicken Biscuit
Fruit Cocktail
Fruit Juice

Lunch

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

YOU'VE GOT TO LOVE IT!

You've got to love your heart,
that is! And taking care of
your heart is a job that lasts
your whole lifetime. Eat more
fruits, veggies, and whole
grains and less salt and
saturated fat. And exercise
regularly like your healthy heart
depends on it – because it does!



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

Friday, February 2

Breakfast

Pancake on Stick or
Glazed Donut
Sliced Peaches
Fruit Juice

Lunch

Pizza
Marinara Sauce
Buttered Corn
Peach Crisp

Monday, February 5

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, February 6

Breakfast

Breakfast Bar or
Pancakes w/Glaze
Craisins
Fruit Juice

Lunch

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

Wednesday, February 7

Breakfast

Cereal or
Dutch Waffle
Tropical Fruit
Fruit Juice

Lunch

Baked Chicken
Green Peas
Candied Yams
Dinner Roll
Tropical Fruit

Thursday, February 8

Breakfast

French Toast or
Soft Filled Bar
Fresh Orange Wedges
Fruit Juice

Lunch

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



Friday, February 9

Breakfast

Pop Tarts or
Breakfast Pizza
Applesauce
Fruit Juice

Lunch

Gumbo
Steamed White Rice
Potato Salad
Marinated Cucumbers
Crackers
Applesauce

Off Feb. 12 - 16 for Mardi Gras



HAPPY
VALENTINE'S DAY!



FEBRUARY 14

Monday, February 19

Breakfast

Chicken Biscuit or
Belgian Waffles
Pineapple Tidbits
Fruit Juice

Lunch

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

Tuesday, February 20

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

Word of the Month

hon·est

adj. 1. honorable in principles, intentions, and actions 2. showing uprightness and fairness 3. truthful or credible 4. sincere, frank

I am the letter

R



rabbit

Wednesday, February 21

Breakfast

Pizza Bagel or
Crescent Filled Bar
Chilled Peaches
Fruit Juice

Lunch

Jambalaya
Steamed Cabbage
Candied Yams
Garlic Dinner Roll
Chilled Peaches

Thursday, February 22

Breakfast

Cheese Omelet &
Grits or Breakfast
Clusters
Strawberry Cup
Fruit Juice

Lunch

Chicken Tenders
Cheesy Potatoes
Steamed Broccoli w/
Cheese
Texas Toast

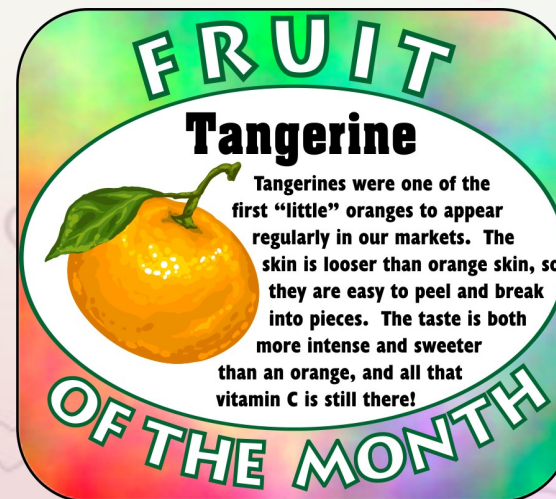
Friday, February 23

Breakfast

Ham & Cheese
Croissant or
Yogurt & Grahams
Applesauce
Fruit Juice

Lunch

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



Every complete meal we serve comes with your choice of milk!

Monday, February 26

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, February 27

Breakfast

Bacon Biscuit or
Breakfast Bar
Applesauce
Fruit Juice

Lunch

Nachos-Taco Meat
Golden Queso
Salsa
Buttered Corn
Applesauce

Wednesday, February 28

Breakfast

Sausage Croissant or
Cereal
Raisins
Fruit Juice

Lunch

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

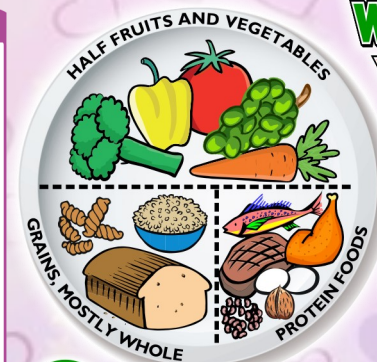
Thursday, February 29

Breakfast

Muffin or
Pancake on Stick
Chilled Pears
Fruit Juice

Lunch

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



What's on
YOUR
plate?



Q • Why is fish often prepared and served with lemon?



A: Nowadays, it's mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they're also scrumptious!

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

eatfit

wanna stay fit?
gotta eat right!

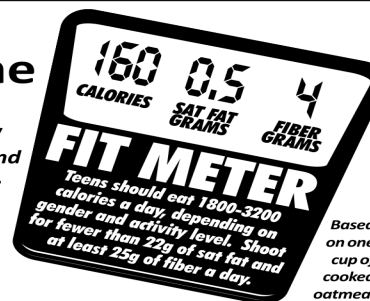


item: oatmeal

verdict: any time


tip:

Hot oatmeal does your body good on chilly winter's mornings – and afternoons and evenings, too! Just be sure to mix it with water or lowfat milk and lay off the extra sugar – try a few juicy blueberries or other fruit instead, and bump the protein and fiber with a sprinkle of nuts.



Based on one cup of cooked oatmeal

5-12 Grade Sandwich Line Menu

Thursday, February 1 Hamburger on Bun	Friday, February 2 Fish Sandwich	Monday, February 5 Buffalo Chicken Sandwich	Tuesday, February 6 Cheeseburger Sliders	Wednesday, February 7 Grilled Cheese Sandwich	Thursday, February 8 Buffalo Chicken Pizza
Friday, February 9 Spicy Chicken Sandwich	Monday, February 19 Popcorn Chicken Bites	Tuesday, February 20 Spicy Chicken Sandwich	Wednesday, February 21 Ham & Cheese Melt	Thursday, February 22 Chili Cheese Tots	
Friday, February 23 Cheeseburger	Monday, February 26 Honey Island Chicken Sandwich	Tuesday, February 27 Stuffed Crust Pizza	Wednesday, February 28 BBQ Ribbett on Bun	Thursday, February 29 Chili Cheese Baked Potato	

NUTRITION TO GO

One study found that more than half of 7-to-9 year olds picked strawberries as their favorite fruit. A cup of strawberries contains just 50 calories, but delivers 140% of the RDA for vitamin C. Strawberries are the only fruit with seeds on the outside - about 200 seeds per berry!

A QUICK BITE FOR PARENTS

9-12 Grade Salad Line Menu

Available on Tuesday's & Thursday's

Thursday, February 1 Chef Salad	Tuesday, February 6 Popcorn Chicken Salad	Thursday, February 8 Taco Salad	Tuesday, February 20 Spicy Chicken Salad	Thursday, February 22 Chef Salad	Tuesday, February 27 Popcorn Chicken Salad	Thursday, February 29 Taco Salad
---	---	---	--	--	--	--

Available Daily

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

DON'T 4GET!

To make a lunch, choose at least one



or





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.