

Menus for April 2024

**Tangipahoa Parish
School System**

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



Monday, April 8

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

Available

**Choice of Milk Available
with Breakfast & Lunch:**

**Low-Fat White,
Chocolate & Strawberry**



Tuesday, April 9

Breakfast

Chocolate Swirl or
Tangi McGriddle
Strawberry Cup
Fruit Juice

Lunch

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

IF THE SHOE FITS . . .



The shoebill bird
of Africa has one
of the most
appropriate
names of
any animal
on earth!

That giant beak
is shaped just
like a really big
shoe! A shoebill
will stand still in
the water for hours
before suddenly
plunging its head into
the water to catch fish
up to a foot and a half
long, as well as any
other delicacies unlucky
enough to wander into a
shoebill's range.

"Shoebill"
by Bob Owen/
CC BY 2.0

ANIMAL APPETITES

Wednesday, April 10

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

Thursday, April 11

Breakfast

Crunchmania or
Chicken Biscuit
Fruit Cocktail
Fruit Juice

Lunch

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

Friday, April 12

Breakfast

Pancake on Stick or
Glazed Donut
Sliced Peaches
Fruit Juice

Lunch

Pizza
Marinara Sauce
Buttered Corn
Peach Crisp

Monday, April 15

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, April 16

Breakfast

Breakfast Bar or
Glazed Pancakes
Craisins
Fruit Juice

Lunch

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

Wednesday, April 17

Breakfast

Cereal or Dutch Waffle
Tropical Fruit
Fruit Juice

Lunch

Baked Chicken
Green Peas
Candied Yams
Dinner Roll
Tropical Fruit

Thursday, April 18

Breakfast

French Toast or
Soft Filled Bar
Fresh Orange Wedges
Fruit Juice

Lunch

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

Friday, April 19

Breakfast

Pop Tarts or
Breakfast Pizza
Applesauce
Fruit Juice

Lunch

Gumbo
Steamed White Rice
Potato Salad
Marinated Cucumbers
Crackers
Applesauce

YOU'RE GETTING WARM.



One of the best
ways to avoid
getting hurt –
playing a sport, in
gym class, and even
on the playground –
is to stretch out a little
first and start off slowly
before you go all out.



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



**What's on
YOUR
plate?**



**Q: What's the GOOFIEST
thing about a GOOBER?**



A: "Goober" is another name for a peanut, and the goofiest thing about a peanut is that it's not really a nut at all! Peanuts are really beans that grow under ground. Real nuts are sometimes called "tree nuts."

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

Monday, April 22

Breakfast

Chicken Biscuit or
Belgian Waffles
Pineapple Tidbits
Fruit Juice

Lunch

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

Tuesday, April 23

Breakfast

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, April 24

Breakfast

Pizza Bagel or
Crescent Filled Bar
Chilled Peaches
Fruit Juice

Lunch

Jambalaya
Steamed Cabbage
Candied Yams
Garlic Dinner Roll
Chilled Peaches

Thursday, April 25

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, April 26

Breakfast

Ham & Cheese
Croissant or
Yogurt & Grahams
Applesauce
Fruit Juice

Lunch

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

★ OUR NATION'S HISTORY ★

The Pony Express debuted on April 3, 1860 when a rider left St. Joseph, Missouri with mail destined for Sacramento, California. Previously, mail had to travel from the East to the Golden State by slow stagecoaches, or by boat all the way around South America. But by swapping horses every 10 miles, changing riders every 100, and riding 24 hours a day, non-stop, the Pony Express could deliver the mail in just 10 days! The operation didn't last long – soon enough, the transcontinental telegraph could deliver short messages almost instantaneously, and larger mail could be transported cross-country by train.

★ WITH LIBERTY & JUSTICE FOR ALL ★



Monday, April 29

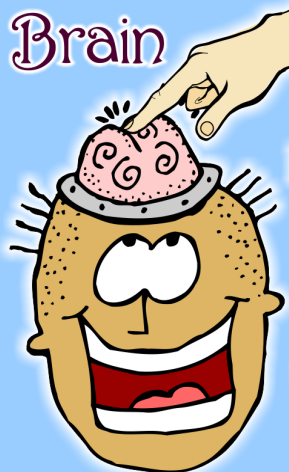
Breakfast

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

Lunch

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

Brain



Ticklers

What is the
largest living
ant in the
world?

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

Ants are tiny!

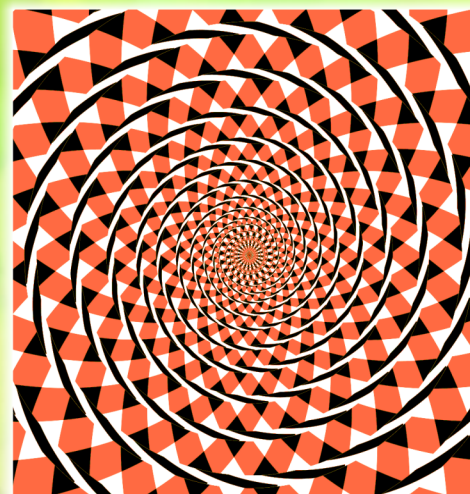
Tuesday, April 30

Breakfast

Bacon Biscuit or
Breakfast Bar
Applesauce
Fruit Juice

Lunch

Nachos-Taco Meat
Golden Queso
Salsa
Buttered Corn
Applesauce



**Only an
Illusion**

This image might look like a spiral, but it's not – it's a series of circles. The background makes it **APPEAR** to be a spiral. Try tracing one of the lines if you're not convinced. You won't move inward or outward – you'll just go around in a circle.

5-12 Grade Sandwich Line Menu

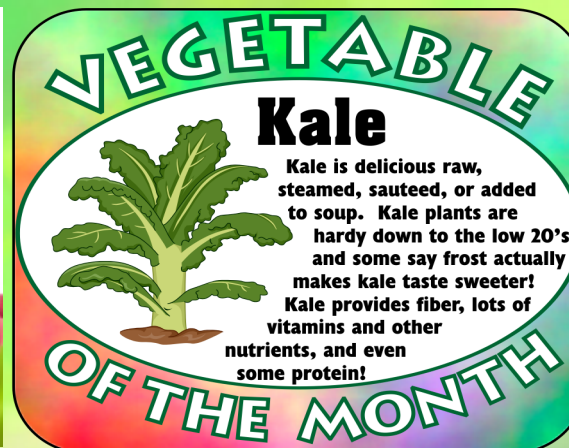
Monday, April 8 Stuffed Sandwich	Tuesday, April 9 Stuffed Crust Pizza	Wednesday, April 10 Tangi's Famous BBQ Sandwich	Thursday, April 11 Hamburger	Friday, April 12 Fish Sandwich	Monday, April 15 Buffalo Chicken Sandwich	Tuesday, April 16 Cheeseburger Sliders
Wednesday, April 17 Grilled Cheese Sandwich	Thursday, April 18 Buffalo Chicken Pizza	Friday, April 19 Spicy Chicken Sandwich	TIME TO BLOSSOM. The flowers are coming out of hiding – and so should you! That resolution to exercise more that seemed so hard in the cold light of January is much more do-able as the weather warms!  EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!		Monday, April 22 Popcorn Chicken Bites	Tuesday, April 23 Spicy Chicken Sandwich
Wednesday, April 24 Ham & Cheese Melt	Thursday, April 25 Chili Cheese Tots	Friday, April 26 Cheeseburger			Monday, April 29 Honey Island Chicken Sandwich	Tuesday, April 30 Stuffed Crust Pizza

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

Tuesday, April 9 Spicy Chicken Salad	Thursday, April 11 Chef Salad	Tuesday, April 16 Popcorn Chicken Salad	Thursday, April 18 Taco Salad	Tuesday, April 23 Spicy Chicken Salad	Thursday, April 25 Chef Salad	Tuesday, April 30 Popcorn Chicken Salad
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Available Daily:

All Sandwich Line Menus come with a choice of the Vegetables, Fruit & Milk off of the Mama's Kitchen Hot Lunch Line





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're 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.

