

Menus for May 2024

Tangipahoa Parish School System

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

Wednesday, May 1

Breakfast

Sausage Croissant or
Cereal
Raisins
Fruit Juice

Lunch

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

Thursday, May 2

Breakfast

Muffin or
Pancake on Stick
Chilled Pears
Fruit Juice

Lunch

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

SAFETY FIRST.

Lightning can strike even if it's not raining and the skies around you are sunny! If you can hear thunder, you could be in danger, so always follow the rule, "If thunder roars, stay indoors" – and not under a tree!



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

Friday, May 3

Breakfast

Breakfast Pizza or
Cinnis Minis
Mandarin Oranges
Fruit Juice

Lunch

Crunchy Fish Sticks
Homemade Macaroni
& Cheese
Steamed Broccoli
Mandarin Oranges

Monday, May 6

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, May 7

Breakfast

Chocolate Swirl or
Tangi McGriddle
Strawberry Cup
Fruit Juice

Lunch

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



Cinco de Mayo (Spanish for "May Fifth") is a time to celebrate Mexican-American food and culture in the U.S. It's a much bigger deal here than it is in Mexico!

Wednesday, May 8

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, May 9

Breakfast

Crunchmania or
Chicken Biscuit
Fruit Cocktail
Fruit Juice

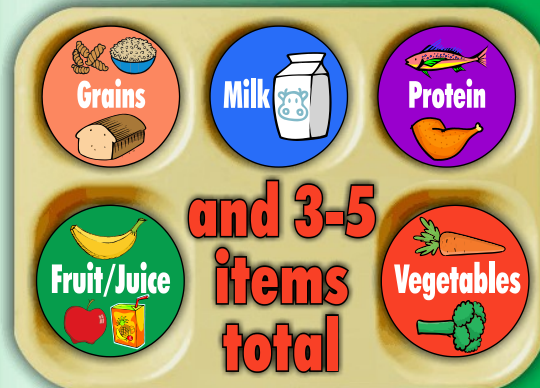
Lunch

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

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



or



Friday, May 10

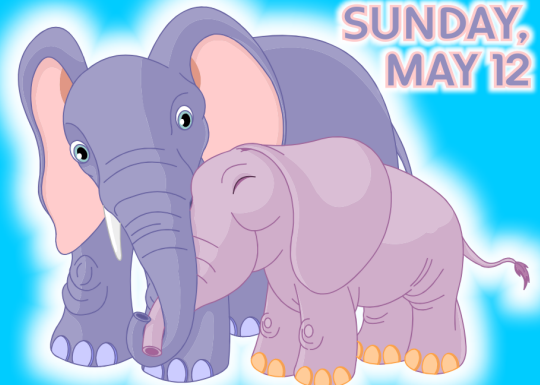
Breakfast

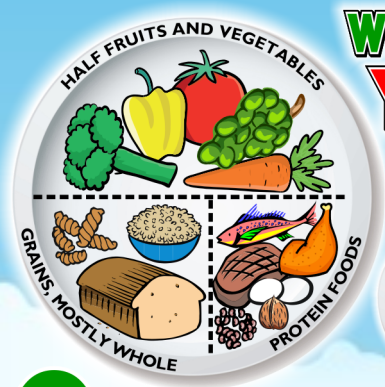
Pancake on Stick or
Glazed Donut
Sliced Peaches
Fruit Juice

Lunch

Pizza
Marinara Sauce
Buttered Corn
Peach Crisp

MOTHER'S DAY
SUNDAY,
MAY 12





What's on YOUR plate?



Q: Where do we get most of the tomatoes we eat?

A: The average American eats close to 30 pounds of tomatoes a year, and all of them started off on a vine somewhere! But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed forms – out of a bottle of ketchup, in pizza sauce, or as various kinds of canned tomatoes.



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

Monday, May 13

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, May 14

Breakfast

Breakfast Bar or
Glazed Pancakes
Craisins
Fruit Juice

Lunch

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

Wednesday, May 15

Breakfast

Cereal or Dutch Waffle
Tropical Fruit
Fruit Juice

Lunch

Baked Chicken
Green Peas
Candied Yams
Dinner Roll
Tropical Fruit

NUTRITION TO GO

Some studies suggest that blueberries can improve brain functioning and protect against age-related mental decline. The high amount of "antioxidants" in blueberries may actually help the brain stay younger longer! Blueberry season runs from May to September.

A QUICK BITE FOR PARENTS

Thursday, May 16

Breakfast

Manager's Choice
Fruit Juice
Fresh or Canned Fruit

Lunch

Manager's Choice
Fresh or Canned Fruit



STRANGE BUT TRUE!

"HAPPY BIRTHDAY TO YOU" IS THE MOST RECOGNIZED SONG IN THE ENGLISH LANGUAGE. BUT AT FIRST IT **WASN'T EVEN A BIRTHDAY SONG**. IT WAS ORIGINALLY CALLED "GOOD MORNING TO ALL" AND WAS WRITTEN BY TWO KINDERGARTEN TEACHERS BECAUSE IT WAS EASY FOR LITTLE KIDS TO SING!

Friday, May 17

Breakfast

Manager's Choice
Fruit Juice
Fresh or Canned Fruit

Lunch

Manager's Choice
Fresh or Canned Fruit

Monday, May 20

Breakfast

Manager's Choice
Fruit Juice
Fresh or Canned Fruit

Lunch

Manager's Choice
Fresh or Canned Fruit

Tuesday, May 21

Breakfast

Manager's Choice
Fruit Juice
Fresh or Canned Fruit

Lunch

Manager's Choice
Fresh or Canned Fruit

Wednesday, May 22

Breakfast

Manager's Choice
Fruit Juice
Fresh or Canned Fruit

Lunch

Manager's Choice
Fresh or Canned Fruit

Available Daily:

Choice of Milk
Available
with Breakfast &
Lunch:

Low-Fat White,
Chocolate &
Strawberry

Thursday, May 23

Breakfast

Manager's Choice
Fruit Juice
Fresh or Canned Fruit

Lunch

Manager's Choice
Fresh or Canned Fruit

Word of the Month pa·tience

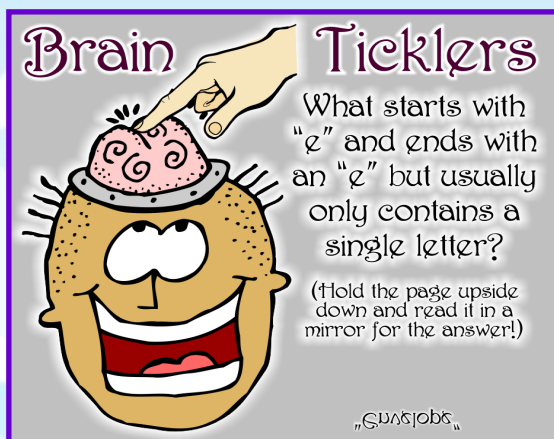
n. 1. endurance of hardship or inconvenience without complaint 2. calmness and self-control in the face of delay 3. understanding of others' difficulties

5-12 Grade Sandwich Line Menu

Wednesday, May 1 BBQ Ribbett on Bun	Thursday, May 2 Chili Cheese Baked Potato	Friday, May 3 Spicy Chicken Chunks	Monday, May 6 Stuffed Sandwich	Tuesday, May 7 Stuffed Crust Pizza	Wednesday, May 8 Tangi's Famous BBQ Sliders	Thursday, May 9 Hamburger
Friday, May 10 Fish Sandwich	Monday, May 13 Buffalo Chicken Sandwich	Tuesday, May 14 Cheeseburger Sliders	Wednesday, May 15 Grilled Cheese Sandwich	Thursday, May 16 Manager's Choice Menu	 <p>Available Daily</p> <p>All Sandwich Line Menus come with a choice of the Vegetables, Fruit & Milk off of the Mama's Kitchen Hot Lunch Line</p>	
Friday, May 17 Manager's Choice Menu	Monday, May 20 Manager's Choice Menu	Tuesday, May 21 Manager's Choice Menu	Wednesday, May 22 Manager's Choice Menu	Thursday, May 23 Manager's Choice Menu		

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

Thursday, May 2 Taco Salad	Tuesday, May 7 Spicy Chicken Salad	Thursday, May 9 Chef Salad	Tuesday, May 14 Popcorn Chicken Salad	Thursday, May 16 Taco Salad
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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.