



# MENUS FOR AUGUST 2024

Tangipahoa Parish School System

*This institution is an equal opportunity provider. Menus*





We hope you enjoy the last sweet days of Summer **BERRY** much!

Friday, August 9

**Breakfast**  
Pop Tarts  
Applesauce  
Fruit Juice

**Lunch**  
Pizza  
Marinara Sauce  
Buttered Corn  
Applesauce

**What's on YOUR plate?**

Monday, August 12

**Breakfast**  
Cereal Bar or Pop Tart  
Fresh Orange Wedges  
Fruit Juice

**Lunch**  
Pizza Crunchers  
Tator Tots  
Garden Salad  
Baked Beans  
Fresh Orange Wedges

Tuesday, August 13

**Breakfast**  
Chicken Biscuit or Breakfast Bar  
Applesauce  
Fruit Juice

**Lunch**  
Nachos-Taco Meat  
Golden Queso  
Tortilla Chips  
Salsa  
Buttered Corn  
Applesauce

## AVAILABLE DAILY:

Choice of Milk Available  
With both Breakfast & Lunch:  
Low-Fat White, Chocolate & Strawberry



**Make this the year you eat more fruits and veggies. And let us help!**

Half your plate should be fruits and vegetables! They're low in calories and fat and high in fiber, flavor, color, and convenience. Plus, there are so many different varieties of fruits and veggies that you'll never get tired of them! They're nutritious, delicious, and fun to eat – with a meal or as a quick, natural snack.



**And whenever you choose to join us for a meal at school, you can rest assured that fruits and vegetables will always be on the menu!**

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)

Wednesday, August 14

**Breakfast**  
Sausage, Egg & Cheese  
Croissant or Cereal  
Raisins  
Fruit Juice

**Lunch**  
Popcorn Chicken Bites  
Mashed Potatoes & Gravy  
Green Peas  
Dinner Roll  
Frozen Fruit Cup

WE'RE LOOKING FOR A FEW EXTRA SETS OF HANDS.



HOW WOULD YOU LIKE A JOB IN ONE OF OUR CAFETERIAS? THIS WOULD ALLOW YOU TO BE AT HOME WHEN YOUR FAMILY NEEDS YOU THERE.

PLEASE VISIT [www.ESS.jobs](http://www.ESS.jobs)

Thursday, August 15

**Breakfast**  
Muffin or Pancake on Stick w/Syrup  
Chilled Pears  
Fruit Juice

**Lunch**  
Taco Soup  
Texas Toast  
Salad w/Dressing  
Chilled Pears

Friday, August 16

**Breakfast**  
Breakfast Pizza or Cinni Minis  
Mandarin Oranges  
Fruit Juice

**Lunch**  
Crunchy Fish Sticks  
Homemade Macaroni & Cheese  
Marinated Tomatoes  
Steamed Broccoli  
Mandarin Oranges

# Word of the Month

## grat·i·tude

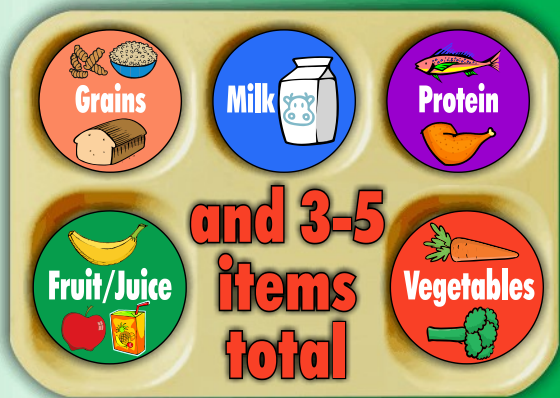
n. 1. the state of being grateful 2. a feeling of appreciation for benefits received 3. thankfulness

# DON'T GET!

## To make a lunch, choose at least one



or



## and 3-5 items total

Tangipahoa Parish School System

Monday, August 19

### Breakfast

Sausage Biscuit & Hash brown or Froot Loop Waffles  
Pineapple Tidbits  
Fruit Juice

### Lunch

Louisiana Red Beans  
Steamed Rice  
Marinated Cucumbers  
Mustard Greens  
Cornbread  
Pineapple Tidbits

Tuesday, August 20

### Breakfast

Chocolate Swirl or Tangi McGriddle  
Fruit Cocktail  
Fruit Juice

### Lunch

Breaded Pork Chop  
Mashed Potatoes & Gravy  
Green Beans  
Dinner Roll  
Fruit Cocktail

Wednesday, August 21

### Breakfast

Eggstravaganza & Biscuit or Iced Cinnamon Swirl  
Fresh Apple Slices  
Fruit Juice

### Lunch

Sloppy Joe on Bun  
Tator Tots  
Marinated Tomatoes  
Fun Dip Apples

Thursday, August 22

### Breakfast

Crunchmania or Chicken Biscuit  
Banana  
Fruit Juice

### Lunch

Salisbury Steak/Gravy  
Mashed Potatoes  
Glazed Carrots  
Baked Beans  
Dinner Roll  
Banana

Friday, August 23

### Breakfast

Pancake on Stick or Glazed Donut  
Chilled Peaches  
Fruit Juice

### Lunch

Pizza  
Marinara Sauce  
Buttered Corn  
Peach Crisp

# TIME for LUNCH



We're here to serve you, so please let us know if there's anything we can do for you.

# Have a Great Year!

Monday, August 26

### Breakfast

Sausage & Egg Biscuit or Muffin  
Mandarin Oranges  
Fruit Juice

### Lunch

Teriyaki Beef Dippers  
Tator Tots  
Steamed Broccoli  
Baked Beans  
Dinner Roll  
Candy Corn Fruit



Tuesday, August 27

### Breakfast

Breakfast Bar or Pancake on Stick  
Craisins  
Fruit Juice

### Lunch

Nachos-Taco Meat  
Queso  
Tortilla Chips  
Salsa  
Buttered Corn  
Frozen Fruit Cup

Wednesday, August 28

### Breakfast

Cereal or Dutch Waffle  
Tropical Fruit  
Fruit Juice

### Lunch

Baked Chicken  
Mashed Potatoes & Gravy  
Marinated Tomatoes  
Dinner Roll  
Tropical Fruit

Thursday, August 29

### Breakfast

French Toast Sticks or Cinnamon Toast  
Crunch Bar  
Fresh Orange Wedges  
Fruit Juice

### Lunch

Hamburger  
French Fries  
Lett/Tomato/Pickle  
Baked Apples

Friday, August 30

### Breakfast

Pop Tarts or Breakfast Pizza  
Applesauce  
Fruit Juice

### Lunch

Chicken & Sausage Gumbo  
Steamed Rice  
Potato Salad  
Marinated Cucumbers  
Crackers  
Applesauce





# Sandwich Line Menu

## 5th - 12th Grade Students

**Monday, August 12**

Breaded Chicken Sandwich

**Tuesday, August 13**

Stuffed Crust Pizza

**Wednesday, August 14**

BBQ Chicken Sandwich

**Thursday, August 15**

Chili Cheese Baked Potato

**Friday, August 16**

Spicy Chicken Chunks

**Monday, August 19**

Hamburger

**Tuesday, August 20**

Stuffed Crust Pizza

**Wednesday, August 21**

Taquitos

**Thursday, August 22**

Homemade Grilled Cheese Sandwich

**Friday, August 23**

Spicy Chicken Sandwich

**Monday, August 26**

Breaded Chicken Sandwich

**Tuesday, August 27**

Hot Roast Beef Sandwich

**Wednesday, August 28**

Hot Dog with Chili & Cheese

**Thursday, August 29**

Buffalo Chicken Pizza

**Friday, August 30**

Spicy Chicken Sandwich



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



## Fresh Made Salads Now Being Offered to



## 9th - 12th Grade Students on each Tuesday & Thursday

**Tuesday, August 13**

Popcorn Chicken Salad

**Thursday, August 15**

Taco Salad

**Tuesday, August 20**

Spicy Chicken Salad

**Thursday, August 22**

Chef Salad

**Tuesday, August 27**

Popcorn Chicken Salad

**Thursday, August 29**

Taco Salad



Tangipahoa Parish School Board has partnered with ESS to manage our substitute program. A leader in K-12 staffing, ESS is responsible for the hiring and the placement of all [substitute child nutrition workers](#). If you're interested in working as a child nutrition substitute for our school system, please contact:

Jaquetta McGee-Crosby---District Manager

Cell: (985) 327-3286 Office: (985) 748-2543

Email: [JMcgee@ess.com](mailto:JMcgee@ess.com)

You may 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.**