

Menus for SEPTEMBER 2024

Tangipahoa Parish School System

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

Monday, September 2

**HAPPY
LABOR DAY!**



Try not to be **BLUE**
about Summer's end –
enjoy the last sweet
days of the season
BERRY much!

Tuesday, September 3

Breakfast

Homemade Cinnamon
Roll or
Breakfast Bar
Fresh Apple Slices
Fruit Juice

Lunch

Mandarin Orange Chicken
Steamed White Rice
Dumplings w/ Teriyaki
Vegetable Blend
Salad w/ Dressing

More Reasons to Eat Fruit!



Cherries help calm
your nervous system



Grapes relax your
blood vessels



Peaches are rich in
potassium, fluoride,
and iron



Apples help your body
develop resistance
against infections



Watermelon helps
control your heart rate



Oranges help maintain
great skin and vision



Strawberries can
potentially fight against
cancer and aging



Bananas are great for
athletes because they
give you energy

Teaching
and helping
your child
understand
where and how
fruits, vegetables, and
other products
we eat are grown,
can help peak
their interest in
eating healthy.



www.kids-cooking-activities.com/food-facts.html

Wednesday, September 4

Breakfast

Pizza Bagel or
Crescent Filled Bar
Chilled Peaches
Fruit Juice

Lunch

Jambalaya
Steamed Cabbage
Candied Yams
Garlic Dinner Roll
Chilled Peaches

Thursday, September 5

Breakfast

Cheese Omelet, Grits &
Sausage or
Breakfast Clusters
Banana
Fruit Juice

Lunch

Chicken Tenders
Cheesy Potatoes
Steamed Broccoli w/
Cheese
Texas Toast
Banana

Friday, September 6

Breakfast

Pop Tarts or
Yogurt & Grahams
Applesauce
Fruit Juice

Lunch

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

Monday, September 9

Breakfast

Cereal Bar or
Pop Tarts
Fresh Orange Wedges
Fruit Juice

Lunch

Pizza Crunchers
Tator Tots
Garden Salad
Baked Beans
Fresh Orange Wedges

Tuesday, September 10

Breakfast

Chicken Biscuit or
Breakfast Bar
Applesauce
Fruit Juice

Lunch

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



IF WE LEARN NOTHING ELSE
FROM THIS TRAGEDY, WE
LEARN THAT LIFE IS SHORT AND
THERE IS NO TIME FOR HATE.

— Sandy Dahl, the wife of Flight 93 pilot James Dahl

sheknows

Wednesday, September 11

Breakfast

Sausage, Egg & Cheese
Croissant or
Cereal
Raisins
Fruit Juice

Lunch

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

Thursday, September 12

Breakfast

Muffin or Pancake or
Stick w/Syrup
Chilled Pears
Fruit Juice

Lunch

Taco Soup
Cheesy Rippinz
Salad w/Dressing
Chilled Pears

Friday, September 13

Breakfast

Breakfast Pizza or
Cinni Minis
Mandarin Oranges
Fruit Juice

Lunch

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



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

Monday, September 16

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, September 17

Breakfast

Chocolate Swirl or Tangi McGriddle
Fruit Cocktail
Fruit Juice

Lunch

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

Wednesday, September 18

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, September 19

Breakfast

Crunchmania or Chicken Biscuit
Banana
Fruit Juice

Lunch

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

Friday, September 20

Breakfast

Pancake on Stick or Glazed Donut
Chilled Peaches
Fruit Juice

Lunch

Pizza
Marinara Sauce
Buttered Corn
Peach Crisp

Monday, September 23

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, September 24

Breakfast

Breakfast Bar or Poffitz Pancake Bites
Craisins
Fruit Juice

Lunch

Walking Tacos
Queso Cheese
Salsa/Sour Cream
Buttered Corn
Frozen Fruit Cup

Wednesday, Sept. 25

Breakfast

Cereal or Dutch Waffle
Tropical Fruit
Fruit Juice

Lunch

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

Thursday, September 26

Breakfast

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

Lunch

Hamburger
French Fries
Lett/Tomato/Pickle
Baked Apples

Friday, September 27

Breakfast

Egg Fiestada or Breakfast Pizza
Applesauce
Fruit Juice

Lunch

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

Monday, September 30

Breakfast

Chicken Biscuit or Cereal Bar
Pineapple Tidbits
Fruit Juice

Lunch

Hot Dog on Bun w/ Chili & Cheese
Tator Tots
Baked Beans
Pineapple Tidbits

MyPlate.gov

MAKE A HEALTHY PLATE

Fruits

Grains

Protein

Vegetables

Dairy

Vegetables
Vary your veggies.
Any vegetable or 100% vegetable juice counts as a member of the vegetable group.
Fill half your plate with fruits and vegetables.

Fruits
Focus on fruits.
Whole fruit is preferable to juice but any fruit counts: fresh, frozen, canned, 100% juice or dried.
Fill half your plate with fruits and vegetables.

Grains
Make at least half your grains whole.
Read labels to find more whole grain foods like whole wheat, oatmeal and brown rice.

Protein
Go lean with protein.
Keep portion to 1/4 of the plate.
Nuts, beans/peas, seeds, poultry, lean meat, seafood, soy and eggs are in this group.

Dairy
Get your calcium-rich foods.
Remember to choose skim milk or 1% milk.
Try nonfat yogurt.
Keep choices low in fat, sodium and sugar.

nutritionstore.com

FREE SCHOOL MEALS FOR ALL

- Reduce childhood hunger
- Eliminate stigma
- Decrease absenteeism
- Improve test scores





Sandwich Line Menu

5th - 12th Grade Students

Tuesday, September 3 BBQ Chicken Pizza	Wednesday, September 4 Ham & Cheese Melt	Thursday, September 5 Hamburger on Bun	Friday, September 6 Homemade Chili in a Cornbread Bowl	Monday, September 9 Breaded Chicken Sandwich
Tuesday, September 10 Stuffed Crust Pizza	Wednesday, September 11 BBQ Chicken on Bun	Thursday, September 12 Chili Cheese Baked Potato	Friday, September 13 Spicy Chicken Chunks	Monday, September 16 Hamburger
Tuesday, September 17 Stuffed Crust Pizza	Wednesday, September 18 Taquitos	Thursday, September 19 Homemade Grilled Cheese Sandwich	Friday, September 20 Spicy Chicken Sandwich	Monday, September 23 Breaded Chicken Sandwich
Tuesday, September 24 Hot Roast Beef Sandwich	Wednesday, September 25 Hot Dog with Chili & Cheese	Thursday, September 26 Buffalo Chicken Pizza	Friday, September 27 Spicy Chicken Sandwich	Monday, September 30 Popcorn Chicken Bites



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--- 9th-12th Grade

Tuesday's & Thursday's

Tuesday, September 3 Spicy Chicken Salad	Thursday, September 5 Chef Salad	Tuesday, September 10 Popcorn Chicken Salad	Thursday, September 12 Taco Salad	Tuesday, September 17 Spicy Chicken Salad	Thursday, September 19 Chef Salad	Tuesday, September 24 Popcorn Chicken Salad	Thursday, September 26 Taco Salad
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