

St. Charles Parish Public Schools

# November 2024

## High School Menu

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

### BREAKFAST OPTIONS

All Breakfast meals are served with  
your choice of Fruit or Fruit Juice.

#### DAILY

Cereal w/Graham Crackers

Yogurt w/Tiger Bites

#### MONDAY

(selections rotate weekly)

Confetti Pancakes 🍌 Pancake on a Stick

Breakfast Pizza

#### TUESDAY

Chicken Biscuit

#### WEDNESDAY

Pop Tarts - 11/6 🍌 Cinnamon Roll

#### THURSDAY

Sausage Biscuit

#### FRIDAY

(selections rotate weekly)

Waffle 🍌 Donut

Scrambled Eggs w/Toast

French Toast Sticks

To celebrate the  
"Battle on the River" tailgate spirit,  
we are offering a special menu of Wings!



#### Friday, November 1

Pastalaya	Pizza
Green Beans	<b>Grill: Wings w/Fries</b>
Garden Salad	Bar: Hot Dog Bar
Dinner Roll	G&G: Tuna Salad on Salad
Pineapple Tidbits	

#### Monday, November 4

Red Beans & Rice	Pizza
Seasoned Mustard Greens	Grill: Totchos
Steamed Carrots	Bar: Brunch
Cornbread	G&G: Turkey Sandwich
Pears	and Sun butter Sandwich

#### Tuesday, November 5



## **No SCHOOL TODAY**

**Make sure your  
family votes!**

#### Wednesday, November 6

Salisbury Steak & Gravy	Pizza
Mashed Potatoes	Grill: Honey Island Chicken Sand.
Green Beans	Bar: Fresh Bar
Dinner Roll	G&G: Ham & Cheese Wrap
Banana	

#### Thursday, November 7

Spaghetti & Meatballs	Grill: Hamburger/Cheeseburger
Broccoli Florets	Bar: Potato Bar
Italian Salad	G&G: Chicken Salad Sandwich
Garlic Bread	
Fresh Fruit Choice	

#### Friday, November 8

Southwest Pasta	Pizza
Garden Salad	Grill: Popcorn Chicken & Fries
Ranchero Beans	Bar: Hot Dog Bar
Dinner Roll	G&G: Tuna Salad on Salad
Pineapple Tidbits	



**Mr. Sammy Puglise, a local farmer,  
will provide satsumas for our students  
during the month of November.  
These satsumas were grown  
right here in Boutte!**

## **Farm-to-School Initiatives**

**The Child Nutrition Department  
is excited to announce  
2 Farm-to-School initiatives  
for the month of November!**



**We have also purchased  
fresh ground beef from the  
Harris Cattle Company, located in  
Ville Platte, LA.  
This beef will be used for our  
homemade Chili being served district  
wide on Wednesday, Nov. 13th.**



# Louisiana HARVEST of the MONTH

## Hot Roasted Sweet Potato Wedges

Home Recipe

Serves 6  
Prep Time: 10 minutes  
Cook Time: 20 Minutes

### Ingredients

- 3 medium sweet potatoes (about 1 lb total)
- 2 Tbsp butter or olive oil (or a mixture of both)
- 1/4 tsp salt
- 1/4 tsp black pepper, ground
- 1/4 tsp cayenne pepper, dried, ground

### Nutrients Per 1/2 Cup Serving

• Calories	80
• Total Fat	4.5 g
• Saturated Fat	0.5 g
• Cholesterol	0 mg
• Sodium	115 mg
• Carbohydrates	10 g
• Dietary Fiber	2 g
• Protein	1 g
• Calcium	18 mg
• Iron	0 mg
• Potassium	221 mg
• Vitamin A	444 mcg
• Vitamin C	9 mg

### Cooking Instructions

- 1) Preheat oven to 400°F.
- 2) Cut potatoes lengthwise into 3/4 inch thick wedges.
- 3) In a large shallow baking pan heat butter or oil in oven 2 minutes. Add potatoes, tossing to coat. Sprinkle salt and pepper to taste.
- 4) Roast potatoes in middle of oven, gently tossing with a metal spatula halfway through roasting time, 20 minutes total, or until tender. Heat before serving. Serve with tongs or large spoon.



For More Information  
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www.SeedsToSuccess.com



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### Monday, November 11

Popcorn Chicken  
Mashed Potatoes  
Cal Blend Veggies  
Dinner Roll  
Cinnamon Apple Slices

Pizza  
Grill: Totchos  
Bar: Asian Bar  
G&G: Turkey Sandwich and Sunbutter Sandwich

### Tuesday, November 12

Fish Sticks  
Macaroni & Cheese  
Green Beans  
Tomato Salad  
Fresh Fruit Choice

Grill: Carnita Sliders  
Bar: Southwest Bar  
G&G: Salad, Turkey Hoagie



### Wednesday, November 13

**St. Charley's Chili**  
Steamed Corn  
Garden Salad  
Jalapeno Cornbread  
Fresh Fruit Choice

Pizza  
Grill: Sriracha Chicken Sandwich  
Bar: Fresh Bar  
G&G: Ham & Cheese Wrap

### Thursday, November 14

Turkey/Sausage Gumbo  
Steamed Rice, Crackers  
Potato Salad  
Tomato Salad  
Fresh Fruit Choice

Grill: Hamburger/Cheeseburger  
Bar: Potato Bar  
G&G: Chicken Salad Sandwich

### Friday, November 15

General Tso w/Noodles  
Stir Fry Veggies  
Asian Chopped Salad  
Pineapple w/Cherries  
Dinner Roll

Pizza  
Grill: Fish Sticks w/Fries  
Bar: Hot Dog Bar  
G&G: Tuna Salad on Salad

### Monday, November 18

Chicken Tenders  
Waffles w/Syrup  
Green Beans  
Carrots  
Peaches

Pizza  
Grill: Totchos  
Bar: Brunch  
G&G: Turkey Sandwich  
Sun butter Sandwich

### Tuesday, November 19

Orange Chicken  
Fried Rice, Dinner Roll  
Edamame Beans  
Asian Chopped Salad  
Fresh Fruit Choice

Grill: Philly Cheesesteak Hoagie  
Bar: Southwest Bar  
G&G: Salad, Turkey Hoagie

### Wednesday, November 20

Jambalaya  
Broccoli Florets  
Steamed Carrots  
Dinner Roll  
Fresh Fruit Choice

Pizza  
Grill: Honey Island Chicken Sand.  
Bar: Fresh Bar  
G&G: Ham & Cheese Wrap

### Thursday, November 21

**Thanksgiving Lunch**  
Turkey Roast & Gravy  
Cornbread Dressing  
Sweet Potato Souffle  
Green Beans, Dinner Roll  
Strawberries w/Topping

Grill: Hamburger/Cheeseburger



### Friday, November 22

Shepherd's Pie  
Cal Blend Veggies  
Dinner Roll  
Pineapple Tidbits

Pizza  
Grill: Chicken Tenders w/Fries  
Bar: Hot Dog Bar  
G&G: Tuna Salad on Salad

# Thanksgiving

**NO SCHOOL NOVEMBER 25-29**

**SEE YOU MONDAY, DECEMBER 2<sup>ND</sup>!**

