

November 2024 Elementary Menu

St. Charles Parish Public Schools

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

With all meals
Low Fat White Milk
Fat Free Flavored Milk
Cold Lunch Choice
Monday: Sunbutter Sandwich
Tuesday: Charley Box
Weds.: Deli Sandwich
Thursday: Entrée Salad
Friday: Sunbutter Sandwich



PLAY TOGETHER.

Think it's tough to get that 30 minutes of exercise most days that experts recommend for good health? It's a lot easier to do with a partner, and it's easier still with an entire family-YOURS!



And Thanksgiving weekend is the perfect time to start!

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



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.

Monday, November 4

Breakfast

Confetti Pancakes
 Cereal w/Graham Crackers
 Yogurt w/Tiger Bites
 Fruit or Juice Choice

Lunch

Red Beans w/Steamed Rice
 Seasoned Mustard Greens
 Steamed Carrots
 Cornbread
 Sliced Peaches

Tuesday, November 5



NO SCHOOL TODAY

Make sure your family votes!

Wednesday, November 6

Breakfast

Pop tarts
 Cereal w/Graham Crackers
 Yogurt w/Tiger Bites
 Fruit or Juice Choice

Lunch

Salisbury Steak w/Gravy
 Mashed Potatoes
 Green Beans
 Dinner Roll
 Banana

Thursday, November 7

Breakfast

Sausage Biscuit
 Cereal w/Graham Crackers
 Yogurt w/Tiger Bites
 Fruit or Juice Choice

Lunch

Spaghetti & Meat Sauce
 Italian Salad
 Broccoli Florets
 Garlic Bread
 Pineapple Tidbits
 Jell-O w/Topping

Friday, November 8

Breakfast

Fresh Donut
 Cereal w/Graham Crackers
 Yogurt w/Tiger Bites
 Fruit or Juice Choice

Lunch

Fresh Hot Pizza
 Marinara Sauce
 Garden Salad
 Fresh Orange Wedges

Monday, November 11

Breakfast

Pancake on a Stick
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Popcorn Chicken
Mashed Potatoes & Gravy
Cal Blend Veggies
Cinnamon Apple Slices

Tuesday, November 12

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Fish Sticks
Macaroni & Cheese
Green Beans
Cucumber & Tomato Salad
Pears

Wednesday, November 13

Breakfast

Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chili, Fritos
Shredded Cheese
Garden Salad
Steamed Corn
Banana
Cake or Fruit Crisp

Thursday, November 14

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Turkey & Sausage Gumbo
Steamed Rice
Potato Salad
Cucumber/Tomato Salad
Banana

Friday, November 15

Breakfast

Scrambled Eggs w/Toast
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Hamburger/Cheeseburger
Crinkle Cut Fries
Lettuce/Tomato/Pickle
Baked Beans
Orange Wedges

Monday, November 18

Breakfast

Breakfast Pizza
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Tenders
Waffles w/Syrup
Green Beans
Steamed Carrots
Sliced Peaches

Tuesday, November 19

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Orange Chicken
Fried Rice
Asian Chopped Salad
Edamame Beans
Tropical Fruit

Wednesday, November 20

Breakfast

Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Jambalaya
Broccoli Florets
Steamed Carrots
Pineapple Tidbits
Dinner Roll

Thursday, November 21

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Thanksgiving Lunch
Sliced Turkey Roast & Gravy
Cornbread Dressing
Sweet Potato Soufflé
Green Beans, Dinner Roll
Strawberries with Topping

Friday, November 22

Breakfast

French Toast Sticks
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Mini Corndogs
Tater Tots
Baby Carrots w/Ranch Dip
Orange Wedges



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

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.

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



For More Information
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www.SeedsToSuccess.com

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Thanksgiving

NO SCHOOL NOVEMBER 25-29

SEE YOU MONDAY, DECEMBER 2ND!

Only 15 more school days 'til Christmas Break!

