

St. Charles Parish Public Schools
Middle School Menu
November 2024

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

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!

DAILY SPECIALS

With all meals:

Low Fat White or Fat Free Flavored Milk

Every day at Lunch

Deli Sandwich

Mon/Weds/Fri Special

Fresh Hot Pizza

Tuesday's Special

(selection rotates weekly)

Chicken Sandwich

Totchos

Thursday's Special

Hamburger or Cheeseburger



Friday, November 1

Breakfast

- Waffle
- Cereal w/Graham Crackers
- Yogurt w/Tiger Bites
- Fruit or Juice Choice

Lunch

- Pastalaya
- Green Beans
- Garden Salad
- Fresh Orange Wedges

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

- Southwest Pasta
- Refried Beans
- 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

General Tso Chicken
Lo Mein Noodles
Edamame
Asian Salad
Orange Wedge

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
Carrot Soufflé, Green Beans
WW Roll
Strawberry Shortcake

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!

