

Menus For January 2025

Tangipahoa Parish School
System
Child Nutrition Program

USDA is an equal opportunity employer & provider.



Monday, January 6

No School To-



Professional Day
for Our Teachers

Tuesday, January 7

No School Today



Professional Day
for Our Teachers

Wednesday, January 8

Breakfast

Cereal or
Dutch Waffle
Tropical Fruit
Fruit Juice

Lunch

Hamburger
French Fries
Lett/Tomato/Pickle
Baked Apples

Thursday, January 9

Breakfast

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

Lunch

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

Friday, January 10

Breakfast

Egg Fiestada or
Breakfast Pizza
Applesauce
Fruit Juice

Lunch

Gumbo
Steamed Rice
Potato Salad
Marinated Cucumbers
Crackers
Applesauce



EXERCISE REGULARLY

The American Heart
Association recommends
150 minutes of weekly
exercise

Available Daily

Choice of Milk Available with
Breakfast & Lunch:

Low-Fat White &
Chocolate

First things First

Choose at least **ONE** serving of **FRUIT**
and at least **THREE** items **TOTAL**
so your meal counts as a **Complete Breakfast!**

BREAKFAST@SCHOOL
For first-class learning!

Monday, January 13

Breakfast

Chicken Biscuit or
Cereal Bar
Pineapple Tidbits
Fruit Juice

Lunch

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

Tuesday, January 14

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
Fruit Gel Cup


NUTRITION TO GO

Can potato chips be part of a
healthy meal? That depends. Is a
jumbo bag of chips your entire meal?
That's not too healthy. But a meal that
includes a small bag of chips, a
turkey sandwich with lettuce and
tomato, a crisp fresh apple, and a
glass of low-fat milk is quite
nutritious -- and quite
delicious, too!

A QUICK BITE FOR PARENTS

How does healthy eating benefit Students?

- ✔ Boosts mood
- ✔ Enhances concentration
- ✔ Improves academic outcomes
- ✔ Reduces absences
- ✔ Raises grades
- ✔ Improves memory




Wednesday, January 15

Breakfast

Pizza Bagel or
Crescent Filled Bar
Chilled Peaches
Fruit Juice

Lunch

Jambalaya
Steamed Cabbage
Baked Sweet Potatoes
Garlic Dinner Roll
Chilled Peaches

Thursday, January 16

Breakfast

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

Lunch

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



Q: How can you tell if your beans need a shower?!



A: Dried beans in a jar like these don't need a shower, although some cooks like to soak them. Canned beans, however, have a lot of added salt, so it's best to give them a quick rinse before cooking them! Fresh, dried, or canned, beans are an incredible and inexpensive source of protein, plus they have very little fat, are loaded with vitamins and minerals, and are one of the best sources of fiber you can find. Eat more beans!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Friday, January 17

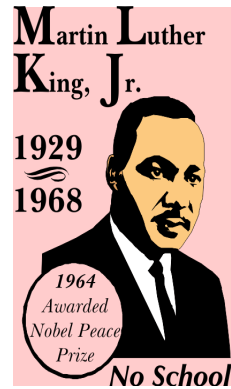
Breakfast

Pop Tarts or
Yogurt & Grahams
Applesauce
Fruit Juice

Lunch

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

Monday, January 20



Tuesday, January 21

Breakfast

Chicken Biscuit or
Breakfast Bar
Applesauce
Fruit Juice

Lunch

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

Thursday, January 23

Breakfast

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

Lunch

Taco Soup
Cheesy Rippinz
Baked Sweet Potatoes
Chilled Pears

Friday, January 24

Breakfast

Breakfast Pizza or
Cinni Minis
Mandarin Oranges
Fruit Juice

Lunch

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

Monday, January 27

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, January 28

Breakfast

Chocolate Swirl or
Tangi McGriddle
Fruit Cocktail
Fruit Juice

Lunch

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

Wednesday, January 29

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, January 30

Breakfast

Crunchmania or
Chicken Biscuit
Banana
Fruit Juice

Lunch

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

Friday, January 31

Breakfast

Pancake on Stick or
Glazed Donut
Chilled Peaches
Fruit Juice

Lunch

Pizza
Marinara Sauce
Buttered Corn
Peach Crisp

5-12 Grade Sandwich Line Menu

Monday, January 6 No School	Tuesday, January 7 No School	Wednesday, January 8 Buffalo Chicken Pizza	Thursday, January 9 Hot Dog with Chili & Cheese	Friday, January 10 Spicy Chicken Sandwich	Monday, January 13 Popcorn Chicken Bites	Tuesday, January 14 BBQ Chicken Pizza
Wednesday, January 15 Ham & Cheese Melt	Thursday, January 16 Cheeseburger	Friday, January 17 Homemade Chili in a Cornbread Bowl	Monday, January 20 No School	Tuesday, January 21 Stuffed Crust Pizza	Wednesday, January 22 BBQ Chicken Sandwich	Thursday, January 23 Chili Cheese Baked Potato
Friday, January 24 Spicy Chicken Chunks	Monday, January 27 Hamburger	Tuesday, January 28 Stuffed Crust Pizza	Wednesday, January 29 Taquitos	Thursday, January 30 Homemade Grilled Cheese Sandwich	Friday, January 31 Spicy Chicken Sandwich	



9-12 Grade Salad Line Menu

Available on Tuesday's & Thursday's

Thursday, January 9 Taco Salad	Tuesday, January 14 Spicy Chicken Salad	Thursday, January 16 Chef Salad	Tuesday, January 21 Popcorn Chicken Salad	Thursday, January 23 Taco Salad	Tuesday, January 28 Spicy Chicken Salad	Thursday, January 30 Chef Salad
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DON'T 4-GET!
To make a lunch,
choose at least one



and 3-5
items
total

Available Daily

All sandwich choices are available with the vegetable, fruit and milk choice off of the regular hot lunch line.