

**St. Charles Parish  
Public Schools**

# January 2025 Head Start Menu

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

# Happy New Year

*Welcome  
Back!  
We hope you  
enjoyed your  
break!*

# ABC 123



KING CAKE SEASON STARTS JANUARY 6TH!



Monday, January 6	Tuesday, January 7	Wednesday, January 8	Thursday, January 9	Friday, January 10
<p><b>Breakfast</b> Waffle Juice, Milk</p> <p><b>Lunch</b> Breaded Pork Chop Mashed Potatoes Cinnamon Apple Slices Milk</p> <p><b>Snack</b> Trix Cereal Bar Milk</p>	<p><b>Breakfast</b> French Toast Sticks Juice, Milk</p> <p><b>Lunch</b> Fish Nuggets Macaroni &amp; Cheese Green Beans, Pears Halves Milk</p> <p><b>Snack</b> Yogurt Tiger Bites Graham Crackers</p>	<p><b>Breakfast</b> Breakfast Pizza Juice, Milk</p> <p><b>Lunch</b> Chili, Cheese, Crackers Garden Salad Banana Half Milk</p> <p><b>Snack</b> Rice Krispie Treat Orange Wedges</p>	<p><b>Breakfast</b> Sausage Biscuit Juice, Milk</p> <p><b>Lunch</b> Jambalaya Broccoli Florets Pineapple Tidbits Milk</p> <p><b>Snack</b> Cinnamon Goldfish Milk</p>	<p><b>Breakfast</b> Grits Juice, Milk</p> <p><b>Lunch</b> Hamburger Crinkle Cut Fries Orange Wedges Milk</p> <p><b>Snack</b> Vanilla Chat Snax Graham Fruit Cup (Applesauce)</p>
Monday, January 13	Tuesday, January 14	Wednesday, January 15	Thursday, January 16	Friday, January 17
<p><b>Breakfast</b> Confetti Pancakes Juice, Milk</p> <p><b>Lunch</b> Chicken Tenders Broccoli w/Cheese Pear Halves Milk</p> <p><b>Snack</b> Chex Strawberry Cereal Bag Milk</p>	<p><b>Breakfast</b> French Toast Sticks Juice, Milk</p> <p><b>Lunch</b> Orange Chicken, Fried Rice Edamame Beans Tropical Fruit Milk</p> <p><b>Snack</b> Yogurt Cinnamon Bear Cracker</p>	<p><b>Breakfast</b> Breakfast Pizza Juice, Milk</p> <p><b>Lunch</b> Gumbo w/Steamed Rice Potato Salad Banana Half Milk</p> <p><b>Snack</b> Mozzarella String Cheese Orange Wedges</p>	<p><b>Breakfast</b> Sausage Biscuit Juice, Milk</p> <p><b>Lunch</b> Meat sauce w/Spaghetti Broccoli Florets Pineapple Tidbits Milk</p> <p><b>Snack</b> Mickey Gold Fish Milk</p>	<p><b>Breakfast</b> Cereal Juice, Milk</p> <p><b>Lunch</b> Mac &amp; Cheese Bites Green Beans Orange Wedges Milk</p> <p><b>Snack</b> Vanilla Chat Snax Graham Fruit Cup (Pear)</p>

# Louisiana HARVEST of the MONTH

## Garlic Sautéed Collard Greens

Home Recipe

Serves: 4  
Prep Time: 15 minutes  
Cook Time: 35 Minutes

### Ingredients

- 1 large bunch of collard greens washed, stems removed and greens cut into strips
- 1 tsp olive oil
- 4 cloves garlic, minced
- ¼ tsp salt
- ¼ tsp paprika
- ¼ tsp ground black pepper
- ¼ tsp red pepper flakes
- 1 Tbsp apple cider vinegar, lemon juice or another "sweet" tasting vinegar

### Cooking Instructions

- 1) Remove and discard stems and center ribs of collard greens. Cut leaves into 1-inch pieces. In a kettle of boiling water cook collards 15 minutes and drain in a colander, pressing out excess liquid with back of a wooden spoon.
- 2) In a 12-inch skillet heat the oil over moderately high heat. Stir in garlic, collards, and salt and pepper. Sauté collard mixture, stirring, until heated through, about 5 minutes.
- 3) Drizzle collards with lemon juice or vinegar and toss well.



### Nutrients Per 1 Cup Serving

• Calories	70
• Total Fat	3.5 g
• Saturated Fat	0 g
• Cholesterol	0 mg
• Sodium	150 mg
• Carbohydrates	7 g
• Dietary Fiber	4 g
• Protein	3 g
• Calcium	246 mg
• Iron	1 mg
• Potassium	236 mg
• Folate	134 mcg DFE



For More Information  
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www.SeedstoSuccess.com



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**The function of education is to teach one to think intensively and to think critically. Intelligence plus character - that is the goal of true education. Martin Luther King, Jr.**

January is National Soup Month



Watch for Gumbo on Weds. Jan 15 and our Homemade Beef Vegetable Soup on Weds. Jan 22

Monday, January 20

**Martin Luther King, Jr.**

1929  
1968



**No School**

Tuesday, January 21

### Breakfast

French Toast Sticks  
Juice, Milk

### Lunch

Meatballs & Gravy  
Mashed Potatoes  
Sliced Peaches, Roll  
Milk

### Snack

Yogurt  
Tiger Bite Graham Crackers

Wednesday, January 22

### Breakfast

Breakfast Pizza  
Juice, Milk

### Lunch

Beef Vegetable Soup  
Grilled Cheese Sandwich  
Banana Half  
Milk

### Snack

Rice Krispie Treat  
Orange Wedges

Thursday, January 23

### Breakfast

Sausage Biscuit  
Juice, Milk

### Lunch

Beef Dippers  
Macaroni & Cheese  
Broccoli Florets, Pineapple  
Milk

### Snack

Cinnamon Goldfish  
Milk

Friday, January 24

### Breakfast

Grits  
Juice, Milk

### Lunch

Chicken Sliders  
Crinkle Cut Fries  
Orange Wedges  
Milk

### Snack

Vanilla Chat Snax Graham  
Fruit Cup (Applesauce)

Monday, January 27

### Breakfast

Confetti Pancakes  
Juice, Milk

### Lunch

Red Beans w/Sausage  
Steamed Rice  
Mustard Greens, Pear Halves  
Milk

### Snack

Chex Strawberry Cereal Bag  
Milk

Tuesday, January 28

### Breakfast

French Toast Sticks  
Juice, Milk

### Lunch

Soft Taco w/Cheese  
Refried Beans  
Apple Wedges  
Milk

### Snack

Yogurt  
Cinnamon Bear Cracker

Wednesday, January 29

### Breakfast

Breakfast Pizza  
Juice, Milk

### Lunch

Salisbury Steak  
Mashed Potatoes  
Roll, Banana Half  
Milk

### Snack

Mozzarella String Cheese  
Orange Wedges

Thursday, January 30

### Breakfast

Sausage Biscuit  
Juice, Milk

### Lunch

Chicken Stew w/Rice  
Candied Yams  
Strawberry Cup  
Milk

### Snack

Mickey Goldfish  
Milk

Friday, January 31

### Breakfast

Cereal  
Juice, Milk

### Lunch

Cheese Pizza  
Garden Salad  
Orange Wedges  
Milk

### Snack

Animal Crackers  
Fruit Cup (Pear)

**Christa McAuliffe Day**

JANUARY 28

Christa McAuliffe was a social studies teacher who tragically perished during the Challenger accident in 1986. Her journey and passion for teaching inspired the country and the world, and today, we honor her.

