St. Charles Parish
Public Schools

January 2025 Head Start Menu

This institution is an equal oppo<mark>rtu</mark>nity pr<mark>ovid</mark>er. Menus are subject to change.



Welcome Back! We hope you enjoyed youz





National

JANUARY 1

Monday, January 6

Breakfast

Waffle Juice, Milk

Lunch

Breaded Pork Chop Mashed Potatoes Cinnamon Apple Slices Milk

Snack

Trix Cereal Bar Milk

Tuesday, January 7

Breakfast

French Toast Sticks Juice, Milk

Lunch

Fish Nuggets Macaroni & Cheese Green Beans, Pears Halves Milk

Snack

Yogurt
Tiger Bites Graham Crackers

Wednesday, January 8

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Breakfast

Breakfast Pizza Juice, Milk

Lunch

Chili, Cheese, Crackers Garden Salad Banana Half Milk

Snack

Rice Krispie Treat Orange Wedges

Thursday, January 9

Breakfast

Sausage Biscuit Juice, Milk

Lunch

Jambalaya Broccoli Florets Pineapple Tidbits Milk

Snack

Cinnamon Goldfish Milk

Friday, January 10

Breakfast

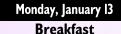
Grits Juice, Milk

Lunch

Hamburger Crinkle Cut Fries Orange Wedges Milk

Snack

Vanilla Chat Snax Graham Fruit Cup (Applesauce)



Confetti Pancakes Juice, Milk

Lunch

Chicken Tenders Broccoli w/Cheese Pear Halves Milk

Snack

Chex Strawberry Cereal Bag Milk

Tuesday, January 14

Breakfast

French Toast Sticks

Juice, Milk

Lunch

Orange Chicken, Fried Rice Edamame Beans Tropical Fruit Milk

Snack

Yogurt Cinnamon Bear Cracker

Wednesday, January 15

Breakfast

Brea<mark>kfas</mark>t Pizza Juice, Milk

<u>Lunch</u>

Gumbo w/Steamed Rice Potato Salad Banana Half Milk

Snack

Mozzarella String Cheese Orange Wedges

Thursday, January 16

Breakfast

Sausage Biscuit Juice, Milk

Lunch

Meat sauce w/Spaghetti
Broccoli Florets
Pineapple Tidbits
Milk

Snack

Mickey Gold Fish Milk

Friday, January 17

Breakfast

Cereal Juice, Milk

Lunch

Mac & Cheese Bites Green Beans Orange Wedges Milk

Snack

Vanilla Chat Snax Graham Fruit Cup (Pear)



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
- · 1/4 tsp ground black pepper
- 1/8 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
- 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.



Home Recipe

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

Nutrients Per 1 Cup Serving

3.5 g Saturated Fat 0 g Cholesterol 0 mg Sodium 150 mg

7 g Carbohydrates Dietary Fiber 4 g 3 g Protein Calcium 246 mg 1 mg

 Potassium 236 mg Folate 134 mcg DFE





ouisianafarmtoschool@agcenter.lsu.edu www.SeedstoSuccess.com



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.





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

1964 Awarded Nobel Peace No School

Tuesday, January 21

Breakfast

French Toast Sticks luice, 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

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

Juice, Milk

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 **IANUARY 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.

Confetti Pancakes

Lunch

Red Beans w/Sausage