

**St. Charles Parish
Public Schools**

January 2025 Middle School Menu

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

Happy New Year

Welcome
Back!
We hope you
enjoyed your
break!

*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



KING CAKE SEASON STARTS JANUARY 6TH!



Monday, January 6

Breakfast

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

Lunch

Breaded Pork Chop
Mashed Potatoes & Gravy
Cal Blend Veggies
Cinnamon Apple Slices

Tuesday, January 7

Breakfast

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

Lunch

Fish Nuggets
Macaroni & Cheese
Green Beans
Cucumber & Tomato Salad
Diced Pears

Wednesday, January 8

Breakfast

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

Lunch

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

Thursday, January 9

Breakfast

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

Lunch

Jambalaya
Broccoli Florets
Steamed Carrots
Pineapple Tidbits
Dinner Roll

Friday, January 10

Breakfast

Chocolate Donut Bites
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, January 13

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, January 14

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, January 15

Breakfast

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

Lunch

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

Thursday, January 16

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, January 17

Breakfast

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

Lunch

Mini Corn Dogs
Tater Tots
Baby Carrots w/Ranch Dip
Orange Wedges

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
- ½ 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 collander, 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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THE LOUISIANA FARM TO SCHOOL PROGRAM

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.

Monday, January 20

Martin Luther King, Jr.

1929
1968



No School

Tuesday, January 21

Breakfast

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

Lunch

Meatballs & Gravy
Mashed Potatoes
Steamed Corn
WW Roll
Apple Wedges

Wednesday, January 22

Breakfast

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

Lunch

Beef Vegetable Soup
Grilled Cheese Sandwich
Garden Salad
Banana
Brownie

Thursday, January 23

Breakfast

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

Lunch

Beef Dippers
Macaroni & Cheese
Broccoli Florets
Baked Beans
Pineapple Tidbits

Friday, January 24

Breakfast

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

Lunch

Pastalaya
Green Beans
Garden Salad
Fresh Orange Wedges



January is National Soup Month

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

Monday, January 27

Breakfast

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

Lunch

Red Beans w/Steamed Rice
Seasoned Mustard Greens
Cornbread
Diced Pears

Tuesday, January 28

Breakfast

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

Lunch

Tacos w/Cheese
Steamed Corn
Refried Beans
Taco Salad Cup
Apple Wedges

Wednesday, January 29

Breakfast

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

Lunch

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

Thursday, January 30

Breakfast

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

Lunch

Stewed Chicken w/Rice
Candied Yams
Steamed Cabbage
Strawberry Cup

Friday, January 31

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



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.