

St. Charles Parish
Public Schools

January 2025

High
School Menu

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

BREAKFAST OPTIONS

All Breakfast meals are served with
your choice of Fruit or Fruit Juice.

DAILY

Cereal w/Graham Crackers

Yogurt w/Tiger Bites

MONDAY

(selections rotate weekly)

Pancake on a Stick

Breakfast Pizza

Confetti Pancakes

TUESDAY

Chicken Biscuit

WEDNESDAY

Cinnamon Roll

THURSDAY

Sausage Biscuit

FRIDAY

(selections rotate weekly)

Chocolate Donut Bites

French Toast Sticks

Waffles, Donut

Happy
New Year

Welcome
Back!

We hope you
enjoyed your
break!



Monday, January 6

Pork Chop	Pizza
Mashed Potatoes	Grill: Totchos
Cal Blend Veggies	Bar: Asian Bar
Dinner Roll	G&G: Turkey Sandwich and
Cinnamon Apple Slices	Sunbutter Sandwich

Tuesday, January 7

Fish Sticks	Grill: Carnita Sliders
Macaroni & Cheese	Bar: Southwest Bar
Green Beans	G&G: Salad, Turkey Hoagie
Tomato Salad	
Fresh Fruit Choice	

Wednesday, January 8

St. Charley's Chili	Pizza
Steamed Corn	Grill: Sriracha Chicken Sandwich
Garden Salad	Bar: Fresh Bar
Jalapeno Cornbread	G&G: Ham & Cheese Wrap
Fresh Fruit Choice	

Thursday, January 9

Jambalaya	Grill: Hamburger/Cheeseburger
Broccoli Florets	Bar: Potato Bar
Steamed Carrots	G&G: Chicken Salad Sandwich
Dinner Roll	
Fresh Fruit Choice	

Friday, January 10

General Tso w/Noodles	Pizza
Stir Fry Veggies	Grill: Fish Sticks w/Fries
Asian Chopped Salad	Bar: Hot Dog Bar
Pineapple w/Cherries	G&G: Tuna Salad on Salad
Dinner Roll	

Monday, January 13

Chicken Tenders	Pizza
Waffles w/Syrup	Grill: Totchos
Green Beans	Bar: Brunch
Carrots	G&G: Turkey Sandwich
Peaches	Sun butter Sandwich

Tuesday, January 14

Orange Chicken, Fried Rice	Grill: Philly Cheesesteak Hoagie
Edamame Beans	Bar: Southwest Bar
Asian Chopped Salad	G&G: Salad, Turkey Hoagie
Dinner Roll	
Fresh Fruit Choice	

Wednesday, January 15

Turkey/Sausage Gumbo	Pizza
Steamed Rice, Crackers	Grill: Honey Island Chicken
Potato Salad, Tomato Salad	Bar: Fresh Bar
Fresh Fruit Choice	G&G: Ham & Cheese Wrap

Thursday, January 16

Spaghetti & Meat sauce	Grill: Hamburger/Cheeseburger
Broccoli Florets	Bar: Potato Bar
Italian Salad	G&G: Chicken Salad Sandwich
Garlic Bread	
Fresh Fruit Choice	

Friday, January 17

Shepherd's Pie	Pizza
Cal Blend Veggies	Grill: Chicken Tenders w/Fries
Dinner Roll	Bar: Hot Dog
Pineapple Tidbits	G&G: Tuna Salad on Salad

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



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

School will be closed today in honor of Dr. Martin Luther King, Jr.

Tuesday, January 21

Meatballs & Gravy
Mashed Potatoes
Steamed Corn
Dinner Roll
Fresh Fruit Choice

Grill: Carnita Sliders
Bar: Southwest Bar
G&G: Salad, Turkey Hoagie

Wednesday, January 22

Beef Vegetable Soup
Grilled Cheese Sandwich
Garden Salad
Fresh Fruit Choice

Pizza
Grill: Sriracha Chicken Sand.
Bar: Fresh Bar
G&G: Ham & Cheese Wrap

Thursday, January 23

Beef Dippers
Macaroni & Cheese
Broccoli Florets
Dinner Roll
Fresh Fruit Choice

Grill: Hamburger/Cheeseburger
Bar: Potato Bar
G&G: Chicken Salad Sandwich

Friday, January 24

Pastalaya
Garden Salad
Ranchero Beans
Dinner Roll
Pineapple Tidbits

Pizza
Grill: Fish Sticks & Fries
Bar: Hot Dog Bar
G&B: Tuna Salad on Salad

Monday, January 27

Red Beans & Rice
Seasoned Mustard Greens
Steamed Carrots
Cornbread
Pears

Pizza
Grill: Totchos
Bar: Brunch
G&G: Turkey Sandwich and Sun butter Sandwich

Tuesday, January 28

Beef & Cheese Macaroni
Cucumber & Tomato Salad
Green Beans, Garlic Bread
Fresh Fruit Choice

Grill: Philly Cheesesteak Hoagie
Bar: Southwest Bar
G&G: Salad, Turkey Hoagie

Wednesday, January 29

Salisbury Steak
Broccoli Florets
Dinner Roll
Fresh Fruit Choice

Pizza
Grill: Honey Island Chicken Sand.
Bar: Fresh Bar
G&G: Ham & Cheese Wrap

Thursday, January 30

Stewed Chicken w/Rice
Carrot Soufflé
Steamed Cabbage
Dinner Roll
Fresh Fruit Choice

Grill: Hamburger/Cheeseburger
Bar: Potato Bar
G&G: Chicken Salad Sandwich

Friday, January 31

Southwest Pasta
Green Beans
Garden Salad
Dinner Roll
Pineapple Tidbits

Pizza
Grill: Popcorn Chicken & Fries
Bar: Hot Dog Bar
G&B: Tuna Salad on Salad



For More Information
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www.SeedstoSuccess.com



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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.