

Menus for February 2025

Tangipahoa Parish School System

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



Monday, February 3

Breakfast

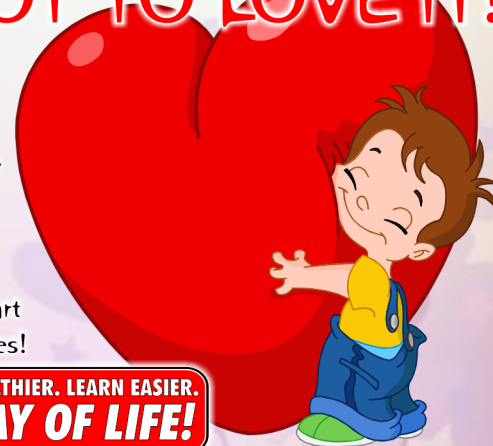
Sausage & Egg Biscuit
or Muffin
Mandarin Oranges
Fruit Juice

Lunch

Teriyaki Beef Dippers
Tator Tots
Steamed Broccoli
Baked Beans
Dinner Roll
Candy Corn Fruit

YOU'VE GOT TO LOVE IT!

You've got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Tuesday, February 4

Breakfast

Breakfast Bar or
Poffitz Pancake Bites
Craisins
Fruit Juice

Lunch

Walking Tacos
Queso Cheese
Salsa/Sour Cream
Buttered Corn
Frozen Fruit Cup

Wednesday, February 5

Breakfast

Cereal or
Dutch Waffle
Tropical Fruit
Fruit Juice

Lunch

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

Thursday, February 6

Breakfast

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

Lunch

Hamburger
French Fries
Lett/Tomato/Pickle
Baked Apples

Friday, February 7

Breakfast

Egg Fiestada or
Breakfast Pizza
Applesauce
Fruit Juice

Lunch

Chicken & Sausage
Gumbo
Steamed Rice
Potato Salad
Marinated Cucumbers
Crackers
Applesauce

Monday, February 10

Breakfast

Chicken Biscuit or
Cereal Bar
Pineapple Tidbits
Fruit Juice

Lunch

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



**Every complete meal we serve comes
with your choice of milk!**

Tuesday, February 11

Breakfast

Homemade Cinnamon
Roll or Breakfast Bar
Fresh Apple Slices
Fruit Juice

Lunch

Mandarin Orange Chicken
Steamed Rice
Dumplings w/ Teriyaki
Vegetable Blend
Salad w/ Dressing
Fruit Gel Cup

Wednesday, February 12

Breakfast

Pizza Bagel or
Crescent Filled Bar
Chilled Peaches
Fruit Juice

Lunch

Jambalaya
Steamed Cabbage
Candied Yams
Garlic Dinner Roll
Chilled Peaches

Thursday, February 13

Breakfast

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

Lunch

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

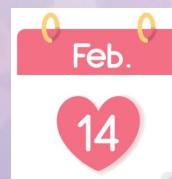
Friday, February 14

Breakfast

Pop Tarts or Yogurt &
Grahams
Applesauce
Fruit Juice

Lunch

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



Monday, February 17

Breakfast

Cereal Bar or
Pop Tarts
Fresh Orange Wedges
Fruit Juice

Lunch

Pizza Crunchers
Tator Tots
Garden Salad
Baked Beans
Fresh Orange Wedges

Tuesday, February 18

Breakfast

Chicken Biscuit or
Breakfast Bar
Applesauce
Fruit Juice

Lunch

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

Wednesday, February 19

Breakfast

Sausage, Egg & Cheese
Croissant or
Cereal
Raisins
Fruit Juice

Lunch

Popcorn Chicken Bites
Mashed Potatoes &
Gravy
Green Peas
Dinner Roll
Frozen Fruit Cup

Thursday, February 20

Breakfast

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

Lunch

Taco Soup
Cheesy Rippinz
Salad w/Dressing
Chilled Pears

Friday, February 21

Breakfast

Breakfast Pizza or
Cinni Minis
Mandarin Oranges
Fruit Juice

Lunch

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

Monday, February 24

Breakfast

Sausage Biscuit &
Hash Brown or Froot
Loop Waffle
Pineapple Tidbits
Fruit Juice

Lunch

Louisiana Red Beans
Steamed Rice
Marinated Cucumbers
Mustard Greens
Homemade Cornbread
Pineapple Tidbits

Tuesday, February 25

Breakfast

Chocolate Swirl or
Tangi McGriddle
Fruit Cocktail
Fruit Juice

Lunch

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

Wednesday, February 26

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, February 27

Breakfast

Crunchmania or
Chicken Biscuit
Banana
Fruit Juice

Lunch

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

Friday, February 28

Breakfast

Pancake on Stick or
Glazed Donut
Chilled Peaches
Fruit Juice

Lunch

Pizza
Marinara Sauce
Buttered Corn
Peach Crisp



BREAKFAST CHANGES LIVES

HOW?



KIDS WHO EAT SCHOOL BREAKFAST...

MISS LESS SCHOOL



They attend an average of
1.5 more days
per year

DO BETTER IN MATH:



They average
17.5% higher
math test scores



MORE ATTENDANCE



HIGHER MATH SCORES =

20%

more likely to
graduate high school



AND KIDS WHO EAT BREAKFAST
REAP THE BENEFITS AS ADULTS, TOO:



High school graduates on average earn

\$10,000

more annually



Less likely to experience

HUNGER


as adults



BUT HERE'S THE PROBLEM

NOT ENOUGH KIDS ARE EATING SCHOOL BREAKFAST.

5-12 Grade Sandwich Line Menu

Monday, February 3 Breaded Chicken Sandwich	Tuesday, February 4 Hot Roast Beef Sandwich	Wednesday, February 5 Hot Dog with Chili & Cheese	Thursday, February 6 Buffalo Chicken Pizza	Friday, February 7 Spicy Chicken on Bun	Monday, February 10 Popcorn Chicken Bites	Tuesday, February 11 BBQ Chicken Pizza
Wednesday, February 12 Ham & Cheese Melt	Thursday, February 13 Cheeseburger	Friday, February 14 Homemade Chili in a Cornbread Bowl		Monday, February 17 Breaded Chicken Sandwich	Tuesday, February 18 Stuffed Crust Pizza	Wednesday, February 19 BBQ Chicken Sandwich
Thursday, February 20 Chili Cheese Baked Potato	Friday, February 21 Spicy Chicken Chunks	Monday, February 24 Hamburger		Wednesday, February 26 Taquitos	Thursday, February 27 Homemade Grilled Cheese Sandwich	Thursday, February 28 Spicy Chicken on Bun

9-12 Grade Salad Line Menu

Available on Tuesday's & Thursday's

Tuesday, February 4 Popcorn Chicken Salad	Thursday, February 6 Taco Salad	Tuesday, February 11 Spicy Chicken Salad	Thursday, February 13 Chef Salad	Tuesday, February 18 Popcorn Chicken Salad	Thursday, February 20 Taco Salad	Tuesday, February 25 Spicy Chicken Salad	Thursday, February 27 Chef Salad
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Available Daily

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

DON'T 4GET!
To make a lunch,
choose at least one



or

