

**St. Charles Parish  
Public Schools**

**FEBRUARY**

**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 ♥ Cheesy Grits

**TUESDAY**

Chicken Biscuit

**WEDNESDAY**

Cinnamon Roll

**THURSDAY**

Sausage Biscuit

**FRIDAY**

(selections rotate weekly)

Donut ♥ French Toast Sticks

Waffles ♥ Donut

**Monday, February 3**

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

**Tuesday, February 4**

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

**Wednesday, February 5**

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, February 6**

Early Dismissal	Pizza
	Grill: Hamburger/Cheeseburger
	Bar: Pasta

**Friday, February 7**

**SUPERBOWL SPECIAL!!**

General Tso w/Noodles	Pizza
Stir Fry Veggies	<b>GRILL: WINGS &amp; FRIES</b>
Asian Chopped Salad	Bar: Hot Dog Bar
Pineapple w/Cherries	G&G: Tuna Salad on Salad
Dinner Roll	



**Monday, February 10**

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

**Tuesday, February 11**

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

**Wednesday, February 12**

Manager's Choice	Manager's Choice
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**Thursday, February 13**

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

**Friday, February 14**

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

**SUPER BOWL  
SUNDAY**



**MAY THE BEST  
TEAM WIN!**

**Valentine's Day**



## President's Day Fact Sheet



- President's Day is celebrated on the third Monday of February.
- President's Day began in 1885.
- President's Day is to celebrate George Washington's and Abraham Lincoln's Birthdays.
- It is also for celebrating all the United States Presidents.

### Monday, February 17

Chicken Alfredo Pasta	Pizza
Green Beans	Grill: Totchos
Steamed Carrots	Bar: Asian Bar
Dinner Roll	G&G: Turkey Sandwich
Apples	

### Tuesday, February 18

Roasted Chicken	Grill: Carnita Sliders
Loaded Mashed Potatoes	Bar: Southwest Bar
Steamed Corn	G&G: Salad, Turkey Hoagie
Baked Beans, Dinner Roll	
Fresh Fruit Choice	

### Wednesday, February 19

Beef Vegetable Soup	Pizza
Grilled Cheese Sandwich	Grill: Sriracha Chicken Sand.
Garden Salad	Bar: Fresh Bar
Fresh Fruit Choice	G&G: Ham & Cheese Wrap

### Thursday, February 20

Beef Dippers	Grill: Hamburger/Cheeseburger
Macaroni & Cheese	
Broccoli Florets	
Baked Beans	
Fresh Fruit Choice	

### Friday, February 21

Pastalaya	Pizza
Garden Salad	Grill: Fish Sticks & Fries
Green Beans	Bar: Hot Dog Bar
Dinner Roll	G&B: Tuna Salad on Salad
Pineapple Tidbits	

### Monday, February 24

Red Beans & Rice	Pizza
Seasoned Mustard Greens	Grill: Totchos
Steamed Carrots	Bar: Brunch
Cornbread	G&G: Turkey Sandwich
Pears	and Sun butter Sandwich

### Tuesday, February 25

Beef & Cheese Macaroni	Grill: Roast Beef PoBoy
Cucumber & Tomato Salad	Bar: Southwest Bar
Green Beans, Garlic Bread	G&G: Salad, Turkey Hoagie
Fresh Fruit Choice	

### Wednesday, February 26

Salisbury Steak	Pizza
Mashed Potatoes	Grill: Honey Island Chicken Sand.
Cal Blend Veggies, Dinner Roll	Bar: Fresh Bar
Fresh Fruit Choice	G&G: Ham & Cheese Wrap

### Thursday, February 27

Turkey Stew w/Rice	Grill: Hamburger/Cheeseburger
Carrot Soufflé	Bar: Potato Bar
Steamed Cabbage	G&G: Chicken Salad Sandwich
Dinner Roll	
Fresh Fruit Choice	

### Friday, February 28

Southwest Pasta	Pizza
Ranchero Beans	Grill: Popcorn Chicken & Fries
Garden Salad	Bar: Hot Dog Bar
Dinner Roll	G&B: Tuna Salad on Salad
Pineapple Tidbits	

## 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!**



**MARDI GRAS  
HOLIDAYS**  
**MONDAY, MAR. 3**  
**through**  
**FRIDAY, MAR. 7**

**We'll see you on Monday,  
March 10th!**