

**St. Charles Parish
Public Schools**

MARCH 2025 Middle School Menu

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



Let's get Clued In to School Breakfast!
St. Charles Parish Public Schools will celebrate
National School Breakfast Week

Monday, March 10 - Friday March 14.

This week's Middle School activities are:

Monday: Get your Activity Books and Clue Cards.

Tuesday: Find the Clue.

Wednesday: Breakfast Prizes. Don't forget to Find the Clue.

Thursday: Find the Clue.

Friday: Completed Clue Cards get a prize!

SUNDAY, MARCH 9, 2025



SPRING FORWARD
SET YOUR CLOCKS AHEAD AN HOUR

What to know about daylight saving time:

- ✿ We all lose an hour of sleep when going to DST, as the day is only 23 hours long.
- ✿ We will be on daylight saving time for about 65% of the year.
- ✿ Only two states don't observe daylight saving time – Hawaii and Arizona.
- ✿ We will go back to standard time in November.

Monday, March 10

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
Peaches

Tuesday, March 11

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, March 12

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, March 13

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
Fruit Choice

Friday, March 14

Breakfast

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

Lunch

Grilled Cheese
Tater Tots
Baby Carrots w/Ranch Dip
Orange Wedges
Brownie w/Icing

DAILY OPTIONS

With all meals

Low Fat White Milk

Fat Free Flavored Milk

Cold Lunch Choice

Monday: Sunbutter Sandwich

Tuesday: Charley Box

Weds.: Deli Sandwich

Thursday: Entrée Salad

Friday: Sunbutter Sandwich

OFF THE GRIDDLE.

Eating a healthy breakfast is SO important, we shouldn't let traditional thinking stop us from eating a morning meal. Don't like eggs or juice or bananas or bacon? Have a piece of ham with fresh veggies on 100% wheat bread. It's still breakfast, we promise!



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

Louisiana School Lunch Week March 17-21

Monday: Going Green!

Green Jell-O w/Whipped Topping

Tuesday: Lucky Winner!

Students participating in School Lunch will have chances to win prizes.

Wednesday: Lucky to be Local!

Featuring **Local Louisiana Farm Raised Beef**. Get your Beef coloring/activity sheets.

Thursday: Taste the Rainbow!

Local Louisiana Strawberries. Get your Strawberry coloring /activity sheets.

Friday: Go for the Gold!

Students participating in School Lunch will have chances to win prizes.



Monday, March 17

Breakfast

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

Lunch

Chicken Alfredo Pasta
Green Beans
Carrots
Applesauce
Green Jell-O w/Topping

Tuesday, March 18

Breakfast

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

Lunch

Meatballs & Gravy
Loaded Mashed Potatoes
Steamed Corn
WW Roll
Apple Wedges

Wednesday, March 19

Breakfast

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

Lunch

Fresh Louisiana Beef!
Beef Vegetable Soup
Grilled Cheese Sandwich
Garden Salad
Banana

Thursday, March 20

Breakfast

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

Lunch

Beef Dippers
Macaroni & Cheese
Broccoli Florets
Baked Beans
Louisiana Strawberries!

Friday, March 21

Breakfast

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

Lunch

Pastalaya
Green Beans
Garden Salad
Fresh Orange Wedges

Monday, March 24

Breakfast

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

Lunch

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

Tuesday, March 25

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, March 26

Breakfast

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

Lunch

Shepherd's Pie
Green Beans
Dinner Roll
Banana
Cookie

Thursday, March 27

Breakfast

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

Lunch

Turkey Stew w/Rice
Candied Sweet Potatoes
Steamed Cabbage
Strawberry Cup

Friday, March 28

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

Monday, March 31

Breakfast

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

Lunch

Popcorn Chicken
Mashed Potatoes w/Gravy
Cal Blend Veggies
Cinnamon Apples

*March
monthly celebrations*

Berries and Cherries Month

Gender Equality Month

Irish-American Heritage Month

National Development Disabilities Awareness Month

National Celery Month

National Crafting Month

National Music in Our Schools Month

National Nutrition Month

National Noodle Month

National Reading Month

Women's History Month

