

Middle School Menus

APRIL 2025

**St. Charles Parish
Public Schools**

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



Available Daily



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
Chicken Sandwich
Totchos
(selection rotates weekly)

Thursday's Special
Hamburger or
Cheeseburger



Louisiana HARVEST of the MONTH



Strawberries

Fun Facts About Strawberries!

- Strawberries are Louisiana's state fruit.
- Wash berries just before eating. Excess moisture during storage can encourage molding.
- The seeds on the outsides of strawberries are actually the fruit! On average, there are 200 on every strawberry.

Strawberries Are Nutritious and Good for You!

- Good source of fiber.
- Excellent source of vitamin C.
- Good source of manganese.



This publication was funded by a USDA through support by the Louisiana Department of Education at the 2024 Agriculture through an inter-agency agreement with the Louisiana Department of Education. This institution is an equal opportunity provider.



Tuesday, April 1

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

Lunch
General Tso Chicken
Lo Mein Noodles
Edamame
Asian Salad
Orange Wedge

Wednesday, April 2

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

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

Thursday, April 3

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

Lunch
Chicken/Sausage Jambalaya
Broccoli Florets
Steamed Carrots
Fruit
Dinner Roll

Friday, April 4

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

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

Monday, April 7

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

Lunch
Chicken Tenders
Waffles
Green Beans
Steamed Carrots
Sliced Peaches

Tuesday, April 8

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
Orange Wedges

Wednesday, April 9

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, April 10

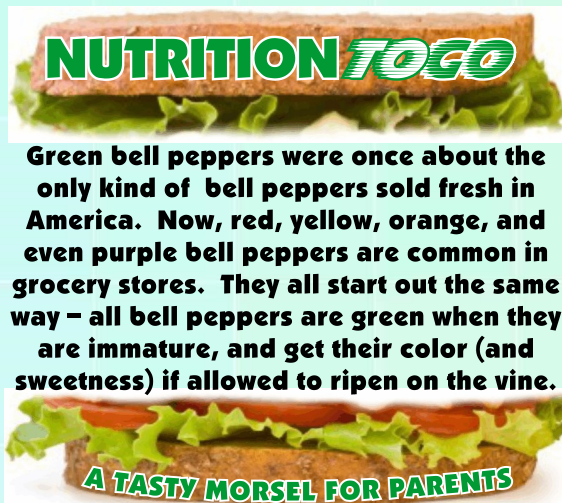
Breakfast
Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Easter Brunch
Scrambled Eggs, Sausage
Grits, Biscuit
Potato Coins, Salsa
Strawberry Kiwi Frozen Cup

Friday, April 11

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

Lunch
Bosco Sticks
Marinara Sauce Cup
Green Beans
Fruit



Green bell peppers were once about the only kind of bell peppers sold fresh in America. Now, red, yellow, orange, and even purple bell peppers are common in grocery stores. They all start out the same way – all bell peppers are green when they are immature, and get their color (and sweetness) if allowed to ripen on the vine.



april

Arab-American Heritage Month
Earth Month
Move More Month
National Garden Month
National Garlic Month
National Grilled Cheese Month
National Humor Month
National Poetry Month
National Volunteer Month
School Library Month
World Autism Month



Break begins on:
Monday, April 14

Classes resume:
Monday, April 21

Monday, April 21
Breakfast
Cheesy Grits or 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
Pear Halves

Tuesday, April 22
Breakfast
Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Nachos w/Shredded Cheese
Steamed Corn
Refried Beans
Taco Salad Cup, Salsa
Apple Wedges

Wednesday, April 23
Breakfast
Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Manager's Choice

Thursday, April 24
Breakfast
Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Turkey Stew
Steamed Rice
Candied Sweet Potatoes
Steamed Cabbage
Strawberry Cup

Friday, April 25
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, April 28
Breakfast
Pancake on Stick
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Popcorn Chicken
Mashed Potatoes & Gravy
Cal Blend Veggies
Apple Wedges

Tuesday, April 29
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
Pears

Wednesday, April 30
Breakfast
Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice
Lunch
Chili, Fritos
Shredded Cheese
Garden Salad
Steamed Corn
Banana
Cake or Fruit Crisp



Happy Birthday Louisiana!