

# Head Start Menus APRIL 2025

**St. Charles Parish  
Public Schools**

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



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



## 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 USDA through support by the Louisiana Farm to School Program at the LSU AgCenter through an inter-agency agreement with the Louisiana Department of Education.  
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**Monday, April 7**

**Breakfast**  
Confetti Pancakes  
Juice, Milk

**Lunch**  
Chicken Tenders  
Broccoli w/Cheese  
Applesauce  
Milk

**Snack**  
Chex Strawberry Cereal Bag  
Milk

**Tuesday, April 8**

**Breakfast**  
French Toast Sticks  
Juice, Milk

**Lunch**  
Orange Chicken, Fried Rice  
Edamame Beans  
Pear Halves  
Milk

**Snack**  
Yogurt  
Cinnamon Bear Cracker

**Tuesday, April 1**

**Breakfast**  
French Toast Sticks  
Juice, Milk

**Lunch**  
Hamburger  
Crinkle Cut Fries  
Orange Wedges  
Milk

**Snack**  
Yogurt  
Tiger Bites Graham Crackers

**Wednesday, April 9**

**Breakfast**  
Breakfast Pizza  
Juice, Milk

**Lunch**  
Gumbo w/Rice  
Potato Salad  
Banana Half  
Milk

**Snack**  
Mozzarella String Cheese  
Orange Wedges

**Wednesday, April 2**

**Breakfast**  
Breakfast Pizza  
Juice, Milk

**Lunch**  
Chili, Cheese, Crackers  
Garden Salad  
Banana Half  
Milk

**Snack**  
Rice Krispie Treat  
Orange Wedges

**Thursday, April 10**

**Breakfast**  
Sausage Biscuit  
Juice, Milk

**Easter Brunch**  
Scrambled Eggs & Sausage  
Potato Coins, Grits  
Frozen Fruit Cup  
Milk

**Snack**  
Mickey Gold Fish  
Milk

**Thursday, April 3**

**Breakfast**  
Sausage Biscuit  
Juice, Milk

**Lunch**  
Jambalaya  
Broccoli Florets  
Peaches  
Milk

**Snack**  
Cinnamon Goldfish  
Milk

**Friday, April 11**

**Breakfast**  
Cereal  
Juice, Milk

**Lunch**  
Mac & Cheese Bites  
Green Beans  
Orange Wedge  
Milk

**Snack**  
Animal Crackers  
Fruit Cup (Pear)

**Friday, April 4**

**Breakfast**  
Grits  
Juice, Milk

**Lunch**  
Fish Nuggets  
Macaroni & Cheese  
Green Beans, Pears Halves  
Milk

**Snack**  
Vanilla Chat Snax Grahams  
Fruit Cup (Applesauce)



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

# Easter Break



Break begins on:  
**Monday, April 14**

Classes resume:  
**Monday, April 21**



**Monday, April 21**

**Breakfast**  
Confetti Pancakes  
Juice, Milk

**Lunch**  
Red Beans w/Sausage  
Steamed Rice  
Mustard Greens, Pears  
Milk

**Snack**  
Chex Strawberry Cereal Bag  
Milk

**Tuesday, April 22**

**Breakfast**  
French Toast Sticks  
Juice, Milk

**Lunch**  
Soft Taco w/Cheese  
Refried Beans  
Apple Wedges  
Milk

**Snack**  
Yogurt  
Cinnamon Bear Cracker

**Wednesday, April 23**

**Breakfast**  
Breakfast Pizza  
Juice, Milk

**Lunch**  
Salisbury Steak  
Mashed Potatoes, Roll  
Banana Half  
Milk

**Snack**  
Mozzarella String Cheese  
Orange Wedges

**Thursday, April 24**

**Breakfast**  
Sausage Biscuit  
Juice, Milk

**Lunch**  
Chicken Stew w/Rice  
Candied Yams  
Strawberry Cup  
Milk

**Snack**  
Mickey Goldfish  
Milk

**Friday, April 25**

**Breakfast**  
Cereal  
Juice, Milk

**Lunch**  
Cheese Pizza  
Garden Salad  
Orange Wedges  
Milk

**Snack**  
Animal Crackers  
Fruit Cup (Pear)

**Monday, April 28**

**Breakfast**  
Waffle  
Juice, Milk

**Lunch**  
Popcorn Chicken  
Mashed Potatoes  
Cinnamon Apples  
Milk

**Snack**  
Trix Cereal Bar  
Milk

**Tuesday, April 29**

**Breakfast**  
French Toast Sticks  
Juice, Milk

**Lunch**  
Fish Nuggets  
Macaroni & Cheese  
Green Beans, Pears Halves  
Milk

**Snack**  
Yogurt  
Tiger Bites Graham Crackers

**Wednesday, April 30**

**Breakfast**  
Breakfast Pizza  
Juice, Milk

**Lunch**  
Chili, Cheese, Crackers  
Garden Salad  
Banana Half  
Milk

**Snack**  
Rice Krispie Treat  
Orange Wedges



APRIL 30, 1812

*Happy Birthday Louisiana!*