

# Menus for May 2025

Tangipahoa Parish School System

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



Days Until the end of the school year as of May 1st

## Available Daily

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

### Thursday, May 1

#### Breakfast

Cinnamon Toast Crunch Muffin or Pancake or Stick Chilled Pears Fruit Juice

#### Lunch

Taco Soup Cheesy Rippinz Salad w/Dressing Chilled Pears

### Friday, May 2

#### Breakfast

Breakfast Pizza or Cinni Minis Mandarin Oranges Fruit Juice

#### Lunch

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

# SCHOOL LUNCH HERO DAY™

Thank you school nutrition staff! You deserve to be celebrated for the difference you make every day!

We appreciate you and want to say THANK YOU!

## Friday, May 2



### Monday, May 5

#### Breakfast

Sausage Biscuit & Hash brown or Froot Loop Waffles Pineapple Tidbits Fruit Juice

#### Lunch

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



MONDAY, MAY 5TH

### Tuesday, May 6

#### Breakfast

Chocolate Swirl or Tangi McGriddle Fruit Cocktail Fruit Juice

#### Lunch

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

### Wednesday, May 7

#### 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, May 8

#### Breakfast

Crunchmania or Chicken Biscuit Banana Fruit Juice

#### Lunch

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



Friday, May 9

**Breakfast**

Pancake on Stick or  
Glazed Donut  
Chilled Peaches  
Fruit Juice

**Lunch**

Pizza  
Marinara Sauce  
Buttered Corn  
Peach Crisp



Sunday,  
May 11th

Monday, May 12

**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

Tuesday, May 13

**Breakfast**

Breakfast Bar or  
Poffitz Pancake Bites  
Craisins  
Fruit Juice

**Lunch**

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

Wednesday, May 14

**Breakfast**

Cereal or  
Dutch Waffle  
Tropical Fruit  
Fruit Juice

**Lunch**

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

Thursday, May 15

**Breakfast**

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

**Lunch**

Hamburger  
French Fries  
Lett/Tomato/Pickle  
Baked Apples

Friday, May 16

**Breakfast**

Egg Fiestada or  
Breakfast Pizza  
Applesauce  
Fruit Juice

**Lunch**

Gumbo  
Steamed Rice  
Potato Salad  
Marinated Cucumbers  
Crackers  
Applesauce

Monday, May 19

**Breakfast**

Manager's Choice  
Fruit Juice  
Fresh or Canned Fruit

**Lunch**

Manager's Choice  
Fresh or Canned Fruit

Tuesday, May 20

**Breakfast**

Manager's Choice  
Fruit Juice  
Fresh or Canned Fruit

**Lunch**

Manager's Choice  
Fresh or Canned Fruit

Wednesday, May 21

**Breakfast**

Manager's Choice  
Fruit Juice  
Fresh or Canned Fruit

**Lunch**

Manager's Choice  
Fresh or Canned Fruit

# 5 Reasons Why You Should Be Eating Breakfast

**1** IT KICK STARTS YOUR METABOLISM



**2** IT PROMOTES HEART HEALTH WHILE BALANCING BLOOD SUGAR LEVELS



**3** EATING BREAKFAST BOOSTS ENERGY LEVELS



**4** ENCOURAGES HEALTHIER EATING... LESS SNACKING



**5** INCREASES BRAIN STIMULATION AND PRODUCTIVITY



Thursday, May 22

**Breakfast**

Manager's Choice  
Fruit Juice  
Fresh or Canned Fruit

**Lunch**

Manager's Choice  
Fresh or Canned Fruit

Friday, May 23

**Breakfast**

Manager's Choice  
Fruit Juice  
Fresh or Canned Fruit

**Lunch**

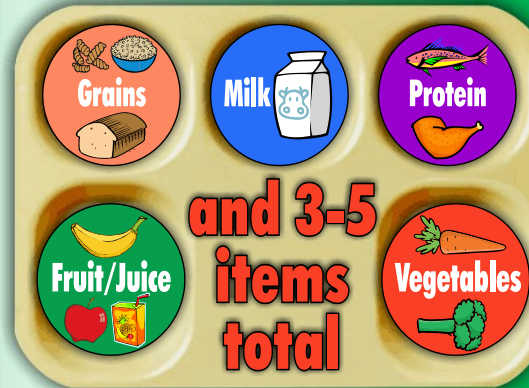
Manager's Choice  
Fresh or Canned Fruit

# DON'T 4-GET!

To make a lunch,  
choose at least one



or



and 3-5  
items  
total



# 5-12 Grade Sandwich Line Menu

<b>Thursday, May 1</b> Chili Cheese Baked Potato	<b>Friday, May 2</b> Spicy Chicken Chunks	<b>Monday, May 5</b> Hamburger	<b>Tuesday, May 6</b> Stuffed Crust Pizza	<b>Wednesday, May 7</b> Taqitos	<b>Thursday, May 8</b> Homemade Grilled Cheese Sandwich	<b>Friday, May 9</b> Spicy Chicken On Bun
 <b>Sunday May 11</b> Happy Mother's Day	<b>Monday, May 12</b> Breaded Chicken On Bun	<b>Tuesday, May 13</b> Hot Roast Beef Sandwich	<b>Wednesday, May 14</b> Hot Dog with Chili & Cheese	<b>Thursday, May 15</b> Buffalo Chicken Pizza	<b>Friday, May 16</b> Spicy Chicken On Bun	

# 9-12 Grade Salad Line

<b>Thursday, May 1</b> Taco Salad	<b>Tuesday, May 6</b> Spicy Chicken Salad	<b>Thursday, May 8</b> Chef Salad	<b>Tuesday, May 13</b> Popcorn Chicken Salad	<b>Thursday, May 15</b> Taco Salad
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what's in season *may*





Apricots	Leeks
Artichokes	Lemons
Arugula	Limes
Asparagus	Mango
Avocados	Mushrooms
Bananas	Nectarines
Beets	Okra
Blueberries	Papaya
Bok Choy	Peaches
Broccoli	Peas
Carrots	Pineapple
Cauliflower	Plums
Celery	Potatoes
Cherries	Radishes
Citrus	Rhubarb
Corn	Spinach
Cucumbers	Strawberries
Grapes	Valencia Oranges
Green Beans	Vidalia® Onions
Greens	Zucchini
Kiwi	



**Word of the Month**

## pa·tience

*n.* 1. endurance of hardship or inconvenience without complaint  
2. calmness and self-control in the face of delay 3. understanding of others' difficulties



**Eat Healthy**  
Take advantage of summer's fruit and veggie bounty.



**Drink Water**  
Water is a natural, healthy and sugar-free way to stay hydrated.



**Move More**  
Kids need at least 60 minutes of physical activity per day and adults need at least 30 minutes to stay healthy.



**Be Food Safe**  
Regularly wash hands with soap and water; separate cooking surfaces to keep raw seafood, meat and poultry away from fresh produce.



**Protect from the Sun**  
Whether you're going for a short walk or spending a day at the beach, be smart and lather up with SPF 30 or higher.

