



**Tangipahoa Parish School System
Child Nutrition Program**

USDA is an equal opportunity employer & provider

Monday, January 5

No School Today



**Professional Day
for Our Teachers**

Tuesday, January 6

No School Today



**Professional Day
for Our Teachers**

Wednesday, January 7

Breakfast

Chicken Biscuit or
Eggstravaganza &
Biscuit
Pineapple Chunks
Fruit Juice

Lunch

Oven Fried or
Baked Chicken
Mashed Potatoes/Gravy
Seasoned Green Beans
Dinner roll
Pineapple Chunks

Thursday, January 8

Breakfast

Egg Bites & Toast or
Poffitz Pancake Bites
Fresh Orange Wedges
Fruit Juice

Lunch

Hamburger on Bun
Sweet Potato Fries
Lett/Tomato/Pickle
Baked Apples

Friday, January 9

Breakfast

Egg Fiestada or
Breakfast Pizza
Applesauce
Fruit Juice

Lunch

Chicken & Sausage
Gumbo
Steamed Rice
Potato Salad
Marinated Cucumbers
Crackers
Applesauce



**EXERCISE
REGULARLY**

“Exercise not only changes your
body, it also changes your mind,
your attitude, and your mood.”

Available Daily:

**Choice of Milk Available
with Breakfast & Lunch:**

**Low-Fat White &
Chocolate**



First things First

**Choose at least ONE serving of FRUIT
and at least THREE items TOTAL
so your meal counts as a Complete Breakfast!**

**BREAKFAST@SCHOOL
For first-class learning!**

Monday, January 12

Breakfast

Chicken Biscuit or
Breakfast Empanadas
Pineapple Tidbits
Fruit Juice

Lunch

Hot Dog on Bun w/ Chili
& Cheese
Tasty Tots
Baked Beans
Pineapple Tidbits

Tuesday, January 13

Breakfast

Tangi McGriddle or
Homemade
Cinnamon Roll
Fresh Apple Slices
Fruit Juice

Lunch

Mandarin Orange
Chicken
Steamed Rice
Dumplings
Vegetable Blend
Salad w/Dressing
Fruit Gel Cup

**The Benefits of
EATING SCHOOL BREAKFAST & LUNCH**

Improves Focus--Helps students learn better



Establishes Healthy Eating Habits



Students get to try foods from different cultures



Powering up with Every Bite!!!



Wednesday, January 14

Breakfast

Pizza Bagel or Egg
Fiestada Croissant
Chilled Peaches
Fruit Juice

Lunch

Jambalaya
Steamed Cabbage
Candied Yams
Garlic Knot Roll
Chilled Peaches

Thursday, January 15

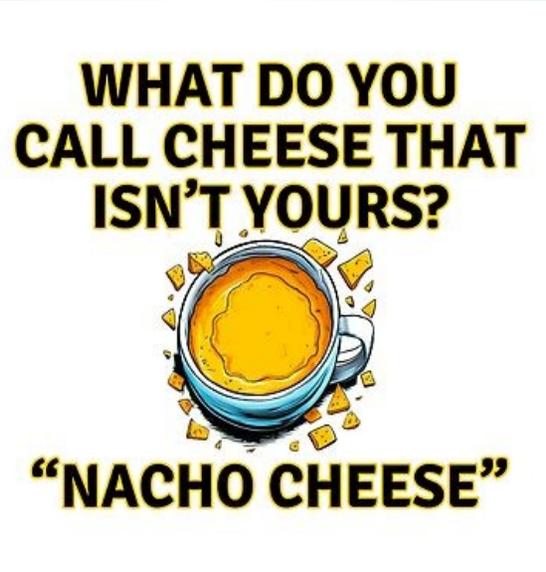
Breakfast

Cheese Omelet,
Sausage & Toast or
Crescent Filled Bar
Banana
Fruit Juice

Lunch

Chicken Tenders
Cheesy Potatoes
Steamed Broccoli w/
Cheese
Texas Toast
Banana

“Joke of the Day.”



Friday, January 16

Breakfast

Breakfast Hot Pocket or
Yogurt & Grahams
Applesauce
Fruit Juice

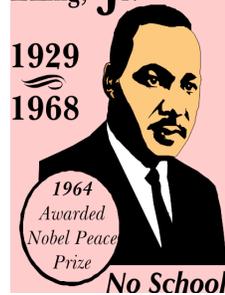
Lunch

Mac/Beef/Cheese
Casserole
Seasoned Green Beans
Glazed Carrots
Dinner Roll
Fresh Whole Apple

Monday, January 19

Martin Luther King, Jr.

1929
1968



No School

Tuesday, January 20

Breakfast

Chicken Biscuit or Cinnis
Minis
Applesauce
Fruit Juice

Lunch

Nachos-Taco Meat
Golden Queso
Tortilla Chips
Salsa/Sour Cream
Texas Ranchero Beans
Buttered Corn
Applesauce

Thursday, January 22

Breakfast

Pancake on Stick w/
Syrup or Froot Loop
Waffle
Chilled Pears
Fruit Juice

Lunch

Taco Soup
Cheesy Rippinz
Salad w/Dressing
Chilled Pears

Friday, January 23

Breakfast

Breakfast Pizza or
Eggoji Waffle, &
Canadian Bacon
Mandarin Oranges
Fruit Juice

Lunch

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

Monday, January 26

Breakfast

Sausage Biscuit & Hash
Brown or Pizza Bagel
Pineapple Tidbits
Fruit Juice

Lunch

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

Tuesday, January 27

Breakfast

Breakfast Empanada or
Cinnamon Toast Crunch
Filled Bar
Fruit Whole Apple
Fruit Juice

Lunch

Breaded Pork Chop
Mashed Potatoes
& Gravy
Seasoned Green Beans
Dinner Roll
Fun Dip Apples

Wednesday, January 28

Breakfast

Eggstravaganza &
Biscuit or
Tangi McGriddle
Fruit Cocktail
Fruit Juice

Lunch

Sloppy Joe on Bun
Tasty Tots
Marinated Tomatoes
Baked Beans
Fruit Cocktail

Thursday, January 29

Breakfast

Chicken Biscuit or
Glazed Donut
Banana
Fruit Juice

Lunch

Salisbury Steak/Gravy
Steamed Rice
Candied Yams
Green Peas
Dinner Roll
Banana

Friday, January 30

Breakfast

Pancake on Stick or
Omelet, Sausage Patty
& Toast w/Jelly
Chilled Peaches
Fruit Juice

Lunch

Pizza
Marinara Sauce
Buttered Corn
Baked Peaches

5-12 Grade Sandwich Line Menu

Monday, January 5 No School	Tuesday, January 6 No School	Wednesday, January 7 Hot Dog w/Chili & Cheese	Thursday, January 8 Spicy Chicken on Bun	Friday, January 9 Pepperoni Pizza	Monday, January 12 Popcorn Chicken Bites	Tuesday, January 13 Homemade Chili in a Cornbread Bowl
Wednesday, January 14 Ham & Cheese Melt	Thursday, January 15 Cheeseburger	Friday, January 16 Pepperoni Pizza	Monday, January 19 No School	Tuesday, January 20 Pepperoni Pizza	Wednesday, January 21 BBQ Ribbet on Bun	Thursday, January 22 Spicy Chicken Chunks
Friday, January 23 Chili Cheese Baked Potato	Monday, January 26 Hamburger on Bun	Tuesday, January 27 Mega Meat Pizza	Wednesday, January 28 Popcorn Shrimp on a Hoagie Bun	Thursday, January 29 Homemade Grilled Cheese Sandwich	Friday, January 30 Spicy Chicken on Bun	



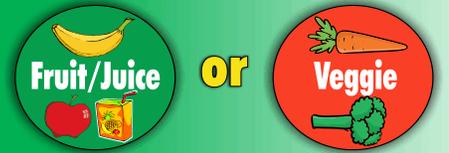
9-12 Grade Salad Line Menu

Available on Tuesday's & Thursday's

Thursday, January 8 Taco Salad	Tuesday, January 13 Popcorn Shrimp Salad	Thursday, January 15 Chef Salad	Tuesday, January 20 Popcorn Chicken Salad	Thursday, January 22 Taco Salad	Tuesday, January 27 Spicy Chicken Salad	Thursday, January 29 Chef Salad
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DON'T 4-GET!

To make a lunch, choose at least one



Available Daily:

All sandwich choices are available with the vegetable, fruit and milk choice off of the regular hot lunch line.