

# August 2026

## Head Start Menus

### St. Charles Parish Public Schools

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



| Monday, August 17                                                                | Tuesday, August 18                                                               | Wednesday, August 19                                                                   | Thursday, August 20                                                               | Friday, August 21                                                       |
|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <b><u>Breakfast</u></b><br>Confetti Pancake<br>Juice, Milk                       | <b><u>Breakfast</u></b><br>French Toast Sticks<br>Juice, Milk                    | <b><u>Breakfast</u></b><br>Breakfast Pizza<br>Juice, Milk                              | <b><u>Breakfast</u></b><br>Sausage Biscuit<br>Juice, Milk                         | <b><u>Breakfast</u></b><br>Cereal<br>Juice, Milk                        |
| <b><u>Lunch</u></b><br>Chicken Nuggets<br>Curly Fries<br>Cinnamon Apples<br>Milk | <b><u>Lunch</u></b><br>Chicken Nuggets<br>Curly Fries<br>Cinnamon Apples<br>Milk | <b><u>Lunch</u></b><br>Chili w/Cheese<br>Garden Salad, Crackers<br>Banana Half<br>Milk | <b><u>Lunch</u></b><br>Fish Nuggets<br>Mac & Cheese, Green Beans<br>Pears<br>Milk | <b><u>Lunch</u></b><br>Hamburger<br>Baked Beans<br>Orange Wedge<br>Milk |
| <b><u>Snack</u></b><br>Chex Strawberry Cereal Bag<br>Milk                        | <b><u>Snack</u></b><br>Yogurt<br>Cinnamon Goldfish Cracker                       | <b><u>Snack</u></b><br>Mozzarella String Cheese<br>Orange Wedges                       | <b><u>Snack</u></b><br>Mickey Gold Fish<br>Milk                                   | <b><u>Snack</u></b><br>Animal Crackers<br>Fruit Cup (Pear)              |



Every complete meal we serve  
comes with your choice of low fat  
or nonfat milk!

| Monday, August 24                                                                   | Tuesday, August 25                                                                 | Wednesday, August 26                                                                    | Thursday, August 27                                                                    | Friday, August 28                                                            |
|-------------------------------------------------------------------------------------|------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|------------------------------------------------------------------------------|
| <b><u>Breakfast</u></b><br>Waffle<br>Juice, Milk                                    | <b><u>Breakfast</u></b><br>French Toast Sticks<br>Juice, Milk                      | <b><u>Breakfast</u></b><br>Breakfast Pizza<br>Juice, Milk                               | <b><u>Breakfast</u></b><br>Sausage Biscuit<br>Juice, Milk                              | <b><u>Breakfast</u></b><br>Grits<br>Juice, Milk                              |
| <b><u>Lunch</u></b><br>Red Beans<br>Steamed Rice<br>Mustard Greens, Peaches<br>Milk | <b><u>Lunch</u></b><br>Soft Taco w/Cheese<br>Refried Beans<br>Apple Wedges<br>Milk | <b><u>Lunch</u></b><br>Italian Beef & Cheese<br>Broccoli Florets<br>Banana Half<br>Milk | <b><u>Lunch</u></b><br>Turkey Stew w/Rice<br>Candied Yams<br>Pineapple Tidbits<br>Milk | <b><u>Lunch</u></b><br>Cheese Pizza<br>Garden Salad<br>Orange Wedges<br>Milk |
| <b><u>Snack</u></b><br>Blueberry Muffin<br>Milk                                     | <b><u>Snack</u></b><br>Yogurt<br>Tiger Bites Graham Cracker                        | <b><u>Snack</u></b><br>Cheddar Cheese Cubes<br>Orange Wedges                            | <b><u>Snack</u></b><br>Cheddar Goldfish<br>Milk                                        | <b><u>Snack</u></b><br>Vanilla Chat Snax Grahams<br>Fruit Cup (Applesauce)   |

| Monday, August 31                                                        |
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| <b><u>Breakfast</u></b><br>Confetti Pancakes<br>Juice, Milk              |
| <b><u>Lunch</u></b><br>Chicken Fries<br>Tater Tots<br>Applesauce<br>Milk |
| <b><u>Snack</u></b><br>Chex Strawberry Cereal Bag<br>Milk                |