

August 2026 Middle School Menus St. Charles Parish Public Schools

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



**The original value meal &
still a fantastic deal!**

BREAKFAST

\$1.65

LUNCH

\$2.15

To apply for Free/Reduced Priced meals go to:
www.myschoolapps.com

You can also contact us at: **985-785-3181**
or **childnutrition@wearescpss.org**

Monday, August 10

Breakfast

Pop Tarts
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Tenders
Crinkle Cut Fries
Green Beans
Peaches
Chocolate Chip Cookie

Tuesday, August 11

Breakfast

Pop Tarts
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Tenders
Crinkle Cut Fries
Green Beans
Peaches
Chocolate Chip Cookie

Wednesday, August 12

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, August 13

Breakfast

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

Lunch

Spaghetti & Meatsauce
Broccoli Florets
Italian Salad
Garlic Bread
Pineapple Tidbits

Friday, August 14

Breakfast

Muffin w/Cheese
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Mini Corn Dogs
Crinkle Cut Fries
Carrots & Celery w/Ranch
Orange Wedges

AVAILABLE DAILY

Every day at Lunch
Deli Sandwich

Mon/Weds/Fri Special
Fresh Hot Pizza

Tuesday's Special
(selection rotates weekly)
Chicken Sandwich
Grilled Cheese Sandwich

Thursday's Special
Hamburger or Cheeseburger

Monday, August 17

Breakfast

Pancake on a Stick
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Nuggets
Curly Fries
Cal Blend Veggies
Cinnamon Apple Slices

Tuesday, August 18

Breakfast

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

Lunch

Chicken Alfredo
Broccoli Florets
Steamed Carrots
Dinner Roll
Pineapple Tidbits

Wednesday, August 19

Breakfast

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

Lunch

Chili, Fritos
Garden Salad
Steamed Corn
Banana
Cake or Crisp

Thursday, August 20

Breakfast

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

Lunch

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

Friday, August 21

Breakfast

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

Lunch

Pastalaya
Green Beans
Garden Salad
Fresh Orange Wedges

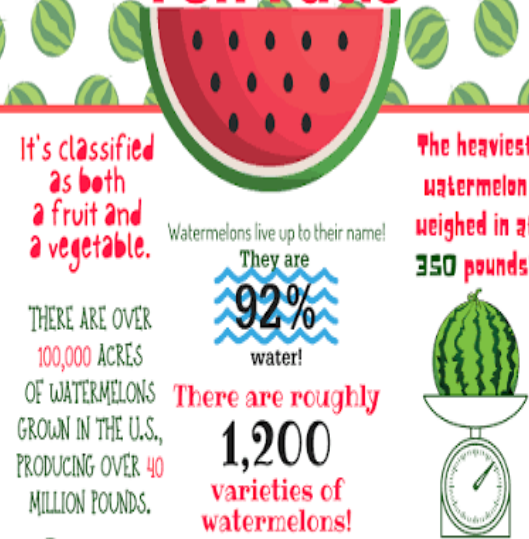


**Every complete meal we serve
comes with your choice of low fat
or nonfat milk!**

Monday, August 24	Tuesday, August 25	Wednesday, August 26	Thursday, August 27	Friday, August 28
Breakfast Grits w/Sausage Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Parfait, Egg Bites Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
Lunch Red Beans & Rice Mustard Greens Steamed Carrots Cornbread Peaches	Lunch Tacos w/Shredded Cheese Steamed Corn Refried Beans Taco Salad Cup, Salsa Apple Wedges	Lunch Italian Bake Broccoli Florets Italian Salad Garlic Bread, Banana Jello w/Topping	Lunch Turkey Stew Steamed Rice Candied Yams Steamed Cabbage WATERMELON	Lunch General Tso Chicken Lo Mein Noodles Edamame Asian Salad Orange Wedge

Monday, August 31	Tuesday, September 1	Weds, September 2	Thursday, September 3	Friday, September 4
Breakfast Confetti Pancakes Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast French Toast Sticks Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice	Breakfast Waffle Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice
Lunch Totchos Green Beans Cornbread Applesauce	Lunch Roasted Chicken Loaded Mashed Potatoes Steamed Corn DINNER Roll Apple Wedges	Lunch Grilled Cheese Sandwich Veggie Soup Garden Salad Banana Brownie	Lunch Sweet & Sour Meatballs Macaroni & Cheese Broccoli Florets Carrots Pineapple Tidbits	Lunch Enchiladas Southwest Corn Salad Cup Orange Wedges

Watermelon Fun Facts



It's classified as both a fruit and a vegetable.

The heaviest watermelon weighed in at 350 pounds!

Watermelons live up to their name! They are 92% water!

THERE ARE OVER 100,000 ACRES OF WATERMELONS GROWN IN THE U.S., PRODUCING OVER 40 MILLION POUNDS.

There are roughly 1,200 varieties of watermelons!

44 OUT OF THE 50 STATES IN THE U.S. GROW WATERMELON

THE FIRST WATERMELON HARVEST ON RECORD TOOK PLACE IN EGYPT NEARLY 5,000 YEARS AGO!

Source: whatisthebestwatermelon.com

www.FarmCreditofVirginias.com

FARM CREDIT Knowledge Center

AUGUST DAILY & WEEKLY CELEBRATIONS:

NATIONAL WATERMELON DAY : AUG 3

NATIONAL FARMERS MARKET WEEK : AUG 2-8

WORLD WATER WEEK: AUG 23-27

BE KIND TO HUMANKIND WEEK: AUG 25-31

AUGUST MONTHLY CELEBRATIONS:

NATIONAL PEACH MONTH

NATIONAL SANDWICH MONTH

BACK TO SCHOOL MONTH

NATIONAL PANINI MONTH

NATIONAL IMMUNIZATION AWARENESS MONTH