

Menus for August 2026

St. Mary Parish Public
Schools



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

Friday, August 7

Breakfast

Cereal
Fruit Cocktail
Fruit Juice
Milk

Lunch

Pepperoni Pizza
Crinkle Fries
Broccoli
Mandarin Oranges
Juice, Milk

Word of the Month

co·op·er·a·tion

n. 1. working together for the common good; teamwork 2. mutual help and assistance among people on a project or effort

Monday, August 10

Breakfast

Toaster Pastry
Pears
Juice
Milk

Lunch

Grilled Chicken
Sandwich
Crinkle Fries
California Blend
Mixed Fruit
Milk, Juice

Tuesday, August 11

Breakfast

Breakfast Pizza
Fruit Cocktail
Juice
Milk

Lunch

Sloppy Joe on Bun
Sweet Potato Fries
Green Beans
Mandarin Oranges
Milk, Juice

Wednesday, August 12

Breakfast

Mini Maple Pancake
Bites
Mandarin Oranges
Juice
Milk

Lunch

Baked Chicken
Sweet Green Peas
Potato Salad
Applesauce
Roll
Milk, Juice

Thursday, August 13

Breakfast

Chicken Biscuit
Peaches
Juice
Milk

Lunch

Country "Fried"
Steak
Mashed Potatoes
Broccoli
Mixed Fruit
Roll
Milk, Juice

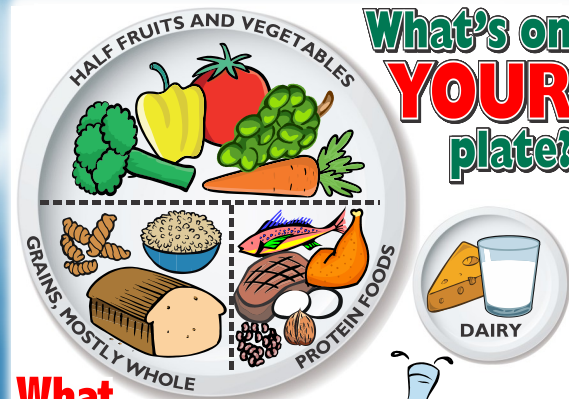
Friday, August 14

Breakfast

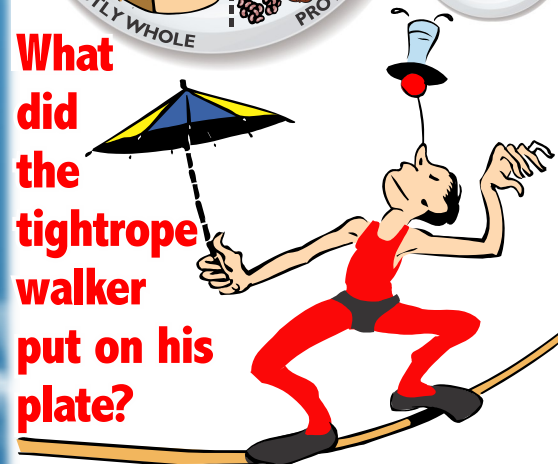
Scrambled Eggs
Toast
Juice
Milk

Lunch

Pig-n-Blanket
Baked Beans
Carrot Sticks
Apple
Milk, Juice



What
did
the
tightrope
walker
put on his
plate?



A WELL-BALANCED MEAL! And you should, too!

Eating lots of different kinds of food is one of the best ways to stay healthy. Just follow the advice on the My Plate graphic and you'll never lose your balance!

Learn more at www.MYPLATE.gov or
<https://kidshealth.org/en/kids/nutrition/food/>

We're
SO GLAD
to see you!
It's going
to be a
GREAT YEAR
and we can't
wait to serve
your meals!

NUTRITION TO GO

Traditionally, Caesar Salad is made with romaine lettuce, a more flavorful and nutritious alternative to iceberg lettuce. Romaine contains seventeen times more vitamin A than iceberg, 50% more vitamin C, twice the calcium and fiber, four times more vitamin K, and ten times more beta carotene. It's very high in folic acid, too.

A QUICK BITE FOR PARENTS



Monday, August 17

Breakfast

French Toast Sticks
Pears
Juice
Milk

Lunch

Mandarin Orange
Chicken
Fried Rice
Egg Roll
Spinach
Oriental Vegetables
Mixed Fruit
Milk, Juice

Tuesday, August 18

Breakfast

Maple Waffle
Chicken Sandwich
Fruit Cocktail
Juice
Milk

Lunch

Corn Dog
Crinkle Fries
Mixed Vegetables
Mandarin Oranges
Milk, Juice

Wednesday, August 19

Breakfast

Sausage Biscuit
Peaches
Juice
Milk

Lunch

Chili Cheese
Nachos
Carrot Coins
Broccoli
Cornbread
Pear
Milk, Juice

Thursday, August 20

Breakfast

Pancake on a Stick
Mandarin Oranges
Juice
Milk

Lunch

Spaghetti w/ Meat
Sauce
Tossed Salad
Cherry Tomatoes
Green Beans
Orange
Garlic Roll
Milk, Juice

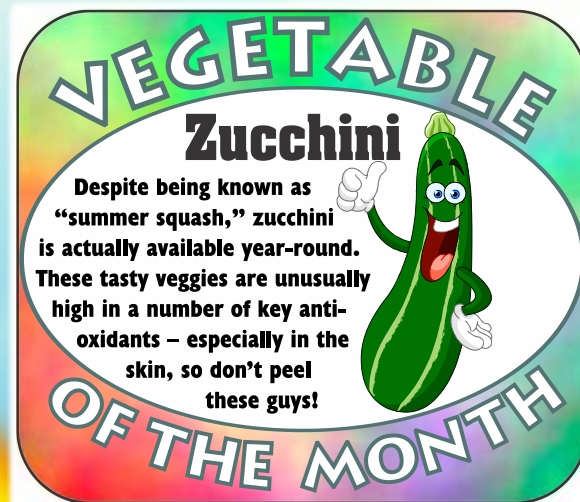
Friday, August 21

Breakfast

Oatmeal
Cinnamon Toast
Banana
Juice
Milk

Lunch

Hamburger
Baked Beans
Lettuce/Pickle Cup
Sliced Tomatoes
Fresh Apple
Milk, Juice



Monday, August 24

Breakfast

Blueberry Muffin
Peach
Juice
Milk

Lunch

Red Beans and Rice
Sausage
Spinach
California Blend
Mixed Fruit
Cornbread Muffin
Milk, Juice

Tuesday, August 25

Breakfast

Chicken Biscuit
Applesauce Cup
Juice
Milk

Lunch

Grilled Chicken
Sandwich
Crinkle Fries
Carrot Coins
Pickle Cup
Fresh Orange
Milk, Juice

Wednesday, August

Breakfast

Breakfast Pizza
Fruit Cocktail
Juice
Milk

Lunch

Chicken & Sausage
Jambalaya
Corn
Green Beans
Mandarin Oranges
Roll, Milk, Juice

Thursday, August 27

Breakfast

Dutch Waffle
Apple
Juice
Milk

Lunch

Crunchy Beef Tacos
Taco Salad, Taco
Sauce
Refried Bean
Cheese Cup
Cantaloupe
Milk, Juice

Friday, August 28

Breakfast

Cinnamon Roll
Pear
Juice
Milk

Lunch

Pepperoni Pizza
Oriental Blend
Tossed Salad
Cherry Tomatoes
Watermelon
Milk, Juice

**EAT BETTER.
PLAY HARDER.
LIVE HEALTHIER.
LEARN EASIER.**

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

Monday, August 31

Breakfast

Sausage Biscuit
Applesauce
Juice
Milk

Lunch

White Beans and Rice
Broccoli
Carrot Coins
Mixed Fruit
Cornbread
Milk, Juice

Only an Illusion

Which line is longer, A or B? Most of us would say that line B is obviously longer than A, but that's actually not the case -- they are exactly the same length. The perspective of the railroad tracks creates the illusion that the line between the tracks must be shorter! And, by the way, the "B" is also exactly centered on the "A"! If you're interested, you can learn more by searching on line for "Ponzo Illusion".

