

September 2026 Early Learning Center Menus St. Charles Parish Public Schools

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



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

LEGACY
TRADITIONAL SCHOOLS

Students who eat School Breakfast:

1. Participate in class
2. Remember more of what they learn
3. Have healthier body weights
4. Are more alert
5. Have higher test scores
6. Make healthier food choices throughout the day
7. Have better concentration

BREAKFAST IS BRAIN POWER

Tuesday, September 1 Weds., September 2 Thursday, September 3 Friday, September 4

Breakfast
French Toast Sticks
Juice, Milk

Lunch
Breaded Pork Chop
Mashed Potatoes
Apple Wedges
Milk

Snack
Yogurt
Cinnamon Goldfish Cracker

Breakfast
Breakfast Pizza
Juice, Milk

Lunch
Grilled Cheese
Vegetable Soup
Banana Half
Milk

Snack
Mozzarella String Cheese
Orange Wedges

Breakfast
Sausage Biscuit
Juice, Milk

Lunch
Sweet & Sour Meatballs
Mac & Cheese, Broccoli
Pineapple Tidbits
Milk

Snack
Mickey Gold Fish
Milk

Breakfast
Cereal
Juice, Milk

Lunch
Chicken Sliders
Tater Tots
Orange Wedge
Milk

Snack
Animal Crackers
Fruit Cup (Pear)

Monday, September 7 Tuesday, September 8 Weds., September 9 Thursday, September 10 Friday, September 11

Breakfast
French Toast Sticks
Juice, Milk

Lunch
Orange Chicken, Fried Rice
Edamame Beans
Mandarin Oranges
Milk

Snack
Yogurt
Tiger Bites Graham Cracker

Breakfast
Breakfast Pizza
Juice, Milk

Lunch
Turkey & Sausage Gumbo
Rice, Potato Salad
Banana Half
Milk

Snack
Cheddar Cheese Cubes
Orange Wedges

Breakfast
Sausage Biscuit
Juice, Milk

Lunch
Chicken Spaghetti
Broccoli Florets
Pineapple Tidbits
Milk

Snack
Cheddar Goldfish
Milk

Breakfast
Grits
Juice, Milk

Lunch
Grilled Cheese Sandwich
Crinkle Cut Fries
Orange Wedges
Milk

Snack
Vanilla Chat Snax Grahams
Fruit Cup (Applesauce)



Monday, September 14 Tuesday, September 15 Weds., September 16 Thursday, September 17 Friday, September 18

Breakfast
Confetti Pancake
Juice, Milk

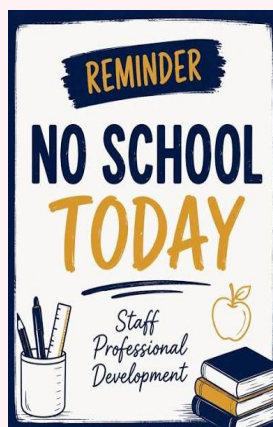
Lunch
Popcorn Chicken
Mashed Potatoes
Cinnamon Apples
Milk

Snack
Chex Strawberry Cereal Bag
Milk

Breakfast
French Toast Sticks
Juice, Milk

Lunch
Jambalaya
Broccoli Florets
Pineapple Tidbits
Milk

Snack
Yogurt
Cinnamon Goldfish Cracker



Breakfast
Sausage Biscuit
Juice, Milk

Lunch
Fish Nuggets
Mac & Cheese, Green Beans
Pear Halves
Milk

Snack
Mickey Gold Fish
Milk

Breakfast
Cereal
Juice, Milk

Lunch
Sloppy Joe on Bun
Tater Tots
Orange Wedge
Milk

Snack
Animal Crackers
Fruit Cup (Pear)

Monday, September 21 Tuesday, September 22 Weds., September 23 Thursday, September 24 Friday, September 25

Breakfast
Waffle
Juice, Milk

Lunch
Red Beans
Steamed Rice
Mustard Greens, Peaches
Milk

Snack
Blueberry Muffin
Milk

Breakfast
French Toast Sticks
Juice, Milk

Lunch
Soft Taco w/Cheese
Refried Beans
Apple Wedges
Milk

Snack
Yogurt
Tiger Bites Graham Cracker

Breakfast
Breakfast Pizza
Juice, Milk

Lunch
Shepherd's Pie
Banana Half
Milk

Snack
Cheddar Cheese Cubes
Orange Wedges

Breakfast
Sausage Biscuit
Juice, Milk

Lunch
Turkey Stew w/Rice
Candied Yams
Pineapple Tidbits
Milk

Snack
Cheddar Goldfish
Milk

Breakfast
Grits
Juice, Milk

Lunch
Cheese Pizza
Garden Salad
Orange Wedges
Milk

Snack
Vanilla Chat Snax Grahams
Fruit Cup (Applesauce)

Monday, September 28 Tuesday, September 29 Weds., September 30

Breakfast
Confetti Pancake
Juice, Milk

Lunch
Chicken Fries
Tater Tots
Applesauce
Milk

Snack
Chex Strawberry Cereal Bag
Milk

Breakfast
French Toast Sticks
Juice, Milk

Lunch
Meatballs & Gravy
Mashed Potatoes
Apple Wedges
Milk

Snack
Yogurt
Cinnamon Goldfish Cracker

Breakfast
Breakfast Pizza
Juice, Milk

Lunch
Potato Soup w/Cheese
Cheddar Goldfish Crackers
Banana Half
Milk

Snack
Mozzarella String Cheese
Orange Wedges

Benefits of physical activity for kids



Prevent Heart
Disease



Improves
Self-esteem



Sharp Mind



Improves
Mental Health



Foster Friendship
and teamwork



Strong,
Fit Bodies

@makemykidstar