

September 2026 High School Menus St. Charles Parish Public Schools

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

BREAKFAST

All Breakfast meals are served with
your choice of Fruit or Fruit Juice.

Daily options include:

Cereal w/Graham Crackers
Yogurt w/Tiger Bites

Monday

(selections rotate weekly)

Pop Tarts ★ Pancake & Sausage Bites
Grits w/Sausage ★ Confetti Pancakes

Tuesday

Chicken Biscuit

Wednesday

Cinnamon Roll ★ French Toast Sticks

Thursday

Sausage Biscuit

Friday

(selections rotate weekly)

Muffin w/Cheese ★ Donut
Parfait, Egg Bites ★ Waffle

Tuesday, September 1

Roasted Chicken	Southwest Bowl
Loaded Mashed Potatoes	Deli Sandwich
Steamed Corn	<u>Daily Special:</u>
Dinner Roll	Sriracha Chicken Sandwich
Fruit/Fruit Juice Choice	

Wednesday, September 2

Grilled Cheese Sandwich	Pizza
Vegetable Soup	Deli Sandwich
Garden Salad	<u>Daily Special:</u> Hamburger or
Fruit/Fruit Juice Choice	Cheeseburger w/Fries

Thursday, September 3

Sweet & Sour Meatballs	Baked Potato w/Fixings
Macaroni & Cheese	Deli Sandwich
Broccoli Florets, Carrots	<u>Daily Special:</u>
Dinner Roll	Grilled Cheese w/Fries
Fruit/Fruit Juice Choice	

Friday, September 4

Enchiladas	Pizza
Refried Beans	Deli Sandwich
Steamed Corn	<u>Daily Special:</u>
Garden Salad	BBQ Pulled Chicken Hoagie
Fruit/Fruit Juice Choice	w/Fries

September is



Monday, September 7

NO SCHOOL
**LABOR
DAY**

Tuesday, September 8

Orange Chicken	Brunch
Fried Rice	Deli Sandwich
Edamame Beans, Asian Salad	<u>Daily Special:</u>
Dinner Roll	Spicy Chicken Sandwich
Mandarin Oranges	

Wednesday, September 9

Turkey & Sausage Gumbo	Pizza
Steamed Brown Rice	Deli Sandwich
Potato Salad, Crackers	<u>Daily Special:</u> Hamburger or
Okra & Tomato	Cheeseburger w/Fries
Fruit/Fruit Juice Choice	

Thursday, September 10

Chicken Spaghetti	Mashed Potato Bowl w/Fixings
Broccoli Florets	Deli Sandwich
Italian Salad	<u>Daily Special:</u>
Garlic Bread	Grilled Cheese w/Fries
Fruit/Fruit Juice Choice	

Friday, September 11

Oven Fried Chicken	Pizza
Macaroni & Cheese	Deli Sandwich
Steamed Corn	<u>Daily Special:</u>
Peas	Hot Dog w/Fries
Fruit/Fruit Juice Choice	

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

WELLNESS IS A WAY OF LIFE!

Monday, September 14

Popcorn Chicken	Pizza
Mashed Potatoes & Gravy	Deli Sandwich
Cal Blend Veggies	<u>Daily Special:</u>
Dinner Roll	Turkey Taco Loaded Fries
Cinnamon Apple Slices	

Tuesday, September 15

Chicken Alfredo	Southwest Bowl
Broccoli Florets	Deli Sandwich
Steamed Carrots	<u>Daily Special:</u>
Dinner Roll	Sriracha Chicken Sandwich
Fruit/Fruit Juice Choice	

Wednesday, September 16

Professional Development
No School



Thursday, September 17

Fish Nuggets	Baked Potato w/ Fixings
Macaroni & Cheese	Deli Sandwich
Green Beans	<u>Daily Special:</u>
Tomato Salad	Grilled Ham & Cheese w/Fries
Fruit/Fruit Juice Choice	

Friday, September 18

Pastalaya	Pizza
Steamed Peas	Deli Sandwich
Garden Salad	<u>Daily Special:</u>
Dinner Roll	BBQ Rib on Hoagie w/Fries
Fruit Choice	

Monday, September 21

Red Beans w/Sausage	Pizza
Steamed Brown Rice	Deli Sandwich
Seasoned Mustard Greens	<u>Daily Special:</u>
Steamed Carrots	Turkey Taco Totchos
Cornbread	
Fruit/Fruit Juice Choice	

Tuesday, September 22

Nachos	Brunch
Refried Beans, Salsa	Deli Sandwich
Steamed Corn	<u>Daily Special:</u>
Taco Salad Cup	Honey Island
Fruit/Fruit Juice Choice	Chicken Sandwich

Wednesday, September 23

Shepherd's Pie	Pizza
Broccoli Florets	Deli Sandwich
Garlic Bread	<u>Daily Special:</u>
Fruit/Fruit Juice Choice	Hamburger/Cheeseburger & Fries

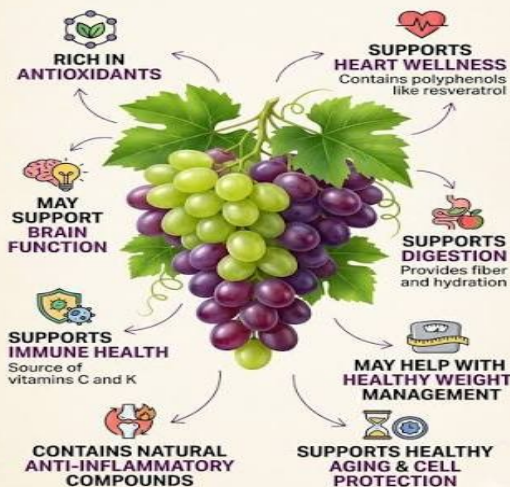
Thursday, September 24

Turkey Stew	Mashed Potato Bowl w/ Fixings
Brown Rice	Deli Sandwich
Carrot Soufflé	<u>Daily Special:</u>
Steamed Cabbage	Grilled Ham & Cheese w/Fries
Dinner Roll	Fruit of the Month:
Fruit/Fruit Juice Choice	GRAPES

Friday, September 25

General Tso Chicken	Pizza
Noodles, Dinner Roll	Deli Sandwich
Edamame Beans	<u>Daily Special:</u>
Asian Chopped Salad	Breaded Chicken Sliders w/ Fries
Fruit/Fruit Juice Choice	

WHY GRAPES ARE GREAT FOR YOUR HEALTH



Monday, September 28

Jambalaya	Pizza
Green Beans	Deli Sandwich
Steamed Carrots	<u>Daily Special:</u>
Dinner Roll	Turkey Taco Loaded Fries
Fruit/Fruit Juice Choice	

Tuesday, September 29

Roasted Chicken	Southwest Bowl
Loaded Mashed Potatoes	Deli Sandwich
Steamed Corn	<u>Daily Special:</u>
Dinner Roll	Sriracha Chicken Sandwich
Fruit/Fruit Juice Choice	

Wednesday, September 30

Potato Soup w/ Cheese	Pizza
Garden Salad	Deli Sandwich
Garlic Bread	<u>Daily Special:</u>
Fruit/Fruit Juice Choice	Hamburger or Cheeseburger w/Fries

Thursday, October 1

Pork Chop	Baked Potato w/Fixings
Macaroni & Cheese	Deli Sandwich
Broccoli Florets, Carrots	<u>Daily Special:</u>
Dinner Roll	Grilled Cheese w/Fries
Fruit/Fruit Juice Choice	

Friday, October 2

Enchiladas	Pizza
Refried Beans	Deli Sandwich
Steamed Corn	<u>Daily Special:</u>
Garden Salad	BBQ Chicken Hoagie w/Fries
Fruit/Fruit Juice Choice	