

September 2026 Middle School Menus

St. Charles Parish Public Schools

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



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
<u>Breakfast</u> Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice <u>Lunch</u> Roasted Chicken Loaded Mashed Potatoes Steamed Corn Dinner Roll Apple Wedges	<u>Breakfast</u> French Toast Sticks Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice <u>Lunch</u> Grilled Cheese Sandwich Veggie Soup Garden Salad Banana Brownie	<u>Breakfast</u> Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice <u>Lunch</u> Sweet & Sour Meatballs Macaroni & Cheese Broccoli Florets Carrots Pineapple Tidbits	<u>Breakfast</u> Waffle Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice <u>Lunch</u> Enchiladas Southwest Corn Salad Cup Orange Wedges

AVAILABLE DAILY

Every day at Lunch
Deli Sandwich

Mon/Weds/Fri Special
Fresh Hot Pizza

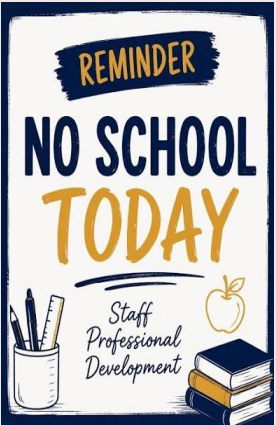
Tuesday's Special
(selection rotates weekly)
Chicken Sandwich
Grilled Cheese Sandwich

Thursday's Special
Hamburger or Cheeseburger

Monday, September 7	Tuesday, September 8	Weds, September 9	Thursday, September 10	Friday, September 11
	<u>Breakfast</u> Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice <u>Lunch</u> Orange Chicken Fried Rice Edamame Beans Asian Salad Mandarin Oranges	<u>Breakfast</u> Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice <u>Lunch</u> Turkey & Sausage Gumbo Steamed Rice Potato Salad, Crackers Cucumber/Tomato Salad Banana	<u>Breakfast</u> Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice <u>Lunch</u> Chicken Spaghetti Broccoli Florets Italian Salad Garlic Bread Pineapple Tidbits	<u>Breakfast</u> Muffin w/Cheese Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice <u>Lunch</u> Mini Corn Dogs Crinkle Cut Fries Carrots & Celery w/Ranch Orange Wedges Cookie



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

Monday, September 14	Tuesday, September 15	Weds, September 16	Thursday, September 17	Friday, September 18
Breakfast Pancake on a Stick Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Popcorn Chicken Mashed Potatoes Cal Blend Veggies Cinnamon Apple Slices	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Jambalaya Broccoli Florets Steamed Carrots Dinner Roll Pineapple Tidbits		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	Breakfast Donut Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Pastalaya Green Beans Garden Salad Orange Wedges

Monday, September 21	Tuesday, September 22	Weds, September 23	Thursday, September 24	Friday, September 25
Breakfast Grits w/Sausage Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Red Beans & Rice Mustard Greens Steamed Carrots Cornbread Peaches	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Nachos Steamed Corn Refried Beans Taco Salad Cup, Salsa Apple Wedges	Breakfast Cinnamon Roll Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Shepherd's Pie Broccoli Florets Garlic Bread Banana Jello w/Topping	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Turkey Stew Steamed Rice Candied Yams Steamed Cabbage GRAPES	Breakfast Parfait, Egg Bites Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch General Tso Chicken Lo Mein Noodles Edamame Asian Salad Orange Wedges

Monday, September 28	Tuesday, September 29	Weds, September 30	Thursday, October 1	Friday, October 2
Breakfast Confetti Pancakes Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Totchos Green Beans Cornbread Applesauce	Breakfast Chicken Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Roasted Chicken Loaded Mashed Potatoes Steamed Corn Dinner Roll Apple Wedges	Breakfast French Toast Sticks Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Potato Soup Cheddar Gold Fish Garden Salad Banana Brownie	Breakfast Sausage Biscuit Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Pork Chop Macaroni & Cheese Broccoli Florets Carrots Pineapple Tidbits	Breakfast Waffle Cereal w/Graham Crackers Yogurt w/Tiger Bites Fruit or Juice Choice Lunch Enchiladas Southwest Corn Salad Cup Orange Wedges

Activity Guidelines for School-Age Children

Many will overlap, and free play usually meets all requirements

Recommendations

Kids and teens (6-17) should perform:

- ✓ 60 min./day of moderate to vigorous physical activity, mostly aerobic
- ✓ 3x/week muscle-strengthening activities
- ✓ 3x/week bone-strengthening activities

Activities



Aerobic: Think running, biking, swimming or playing tag

Muscle-strengthening: Gymnastics, climbing trees or monkey bars, yoga

Bone-strengthening: Jump rope, hopscotch, tennis, basketball

How to Help Kids Improve



- **Not meeting guidelines:** Gradually increase enjoyable physical activities.
- **Meeting guidelines:** Maintain and try to increase physical activity.
- **Exceeding guidelines:** Maintain activity level, but vary activities to reduce overtraining or injury.

Benefits

- ✓ Better bone and heart health
- ✓ Healthier weight
- ✓ Reduced risk of depression



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WHY GRAPES ARE GREAT FOR YOUR HEALTH

