

October 2026

High School 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!

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)

Breakfast Pizza
Grits w/Sausage ★ Pancakes

Tuesday

Chicken Biscuit

Wednesday

Cinnamon Roll ★ French Toast Sticks

Thursday

Sausage Biscuit

Friday

(selections rotate weekly)

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

BENEFITS OF PUMPKIN



NUTRIENT-RICH

High in vitamins
(A, C, E.)



HIGH IN ANTIOXIDANTS

Protect cells
from damage



BOOSTS IMMUNITY

Help the body
fight infections



AIDS WEIGHT LOSS

Low in calories
high in fiber



PROMOTES EYE HEALTH

Supports vision



HEART HEALTHY

Help lower risk
of heart disease

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	

Monday, October 5

Chicken Tenders	Pizza
Waffles	Deli Sandwich
Green Beans	<u>Daily Special:</u>
Carrots	Totchos
Fruit/Fruit Juice Choice	

Tuesday, October 6

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

Wednesday, October 7

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, October 8

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

Friday, October 9

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



Monday & Tuesday, October 12 –13



Wednesday, October 14

Carnival Chili Pizza
 Steamed Carrots, Corn Deli Sandwich
 Tortilla Chips Daily Special: Hamburger or
 Fruit/Fruit Juice Choice Cheeseburger w/Fries
Animal Crackers

Thursday, October 15

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

Friday, October 16

Prime Time Pastalaya Pizza
 Steamed Peas, Garden Salad Deli Sandwich
 Dinner Roll Battle on the River Special:
 Fruit/Fruit Juice Choice Tailgate Wings w/Roll & Fries

Monday, October 19

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

Tuesday, October 20

Tacos w/Cheese Brunch
 Refried Beans, Salsa Deli Sandwich
 Steamed Corn Daily Special: Honey Island
 Taco Salad Cup Chicken Sandwich
 Fruit/Fruit Juice Choice

Wednesday, October 21

Chicken Alfredo Pizza
 Broccoli Florets Deli Sandwich
 Tomato/Cucumbers Daily Special:
 Garlic Bread Hamburger/Cheeseburger & Fries
 Fruit/Fruit Juice Choice

Thursday, October 22

Early Dismissal

Bosco Sticks Mashed Potato Bowl w/ Fixings
 Marinara Sauce Deli Sandwich
 Green Beans Daily Special:
 Fruit/Fruit Juice Choice Grilled Ham & Cheese w/Fries

Friday, October 23

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

Monday, October 26

Jambalaya Pizza
 Green Beans Deli Sandwich
 Steamed Carrots Daily Special:
 Dinner Roll Loaded Fries
 Fruit/Fruit Juice Choice

Tuesday, October 27

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

Wednesday, October 28

Veggie Soup Pizza
 Grilled Cheese Deli Sandwich
 Garden Salad Daily Special: Hamburger or
 Garlic Bread Cheeseburger w/Fries
 Fruit/Fruit Juice Choice

Thursday, October 29

Turkey Stew Baked Potato w/Fixings
 Steamed Rice Deli Sandwich
 Carrot Soufflé Daily Special:
 Dinner Roll Grilled Cheese w/Fries
 Fruit/Fruit Juice Choice

Friday, October 30

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



FRI., OCT. 16TH! GAME DAY SPECIAL - ONE DAY ONLY!



**Fruit of the Month
Tangerines**