

Tangipahoa  
Parish  
School  
System



# Menus for October 2026

USDA is an equal opportunity provider and employer.

Thursday, October 1

## Breakfast

Colby Cheese Omelet,  
Sausage & Toast or  
Crescent Filled Bar  
Banana  
Fruit Juice

## Lunch

Mac/Beef/Cheese  
Casserole  
Green Beans  
Glazed Carrots  
Banana  
Dinner Roll

Friday, October 2



NO  
SCHOOL  
TODAY...

# CLIMB MOUNTAINS

NOT SO THE WORLD  
CAN SEE YOU,  
BUT SO YOU  
CAN SEE THE WORLD

— David McCullough



Monday, October 5

## Breakfast

Breakfast Eggroll or  
Tangi Waffle Slider  
Fresh Orange Wedges  
Fruit Juice

## Lunch

Spaghetti & Meat  
Sauce w/ Penne Pasta  
Garden Salad w/  
Dressing  
Garlic Knot Roll  
Fresh Orange Wedges

Tuesday, October 6

## Breakfast

Chicken Biscuit or  
Cinnie Minis  
Applesauce  
Fruit Juice

## Lunch

Nachos-Taco Meat  
Golden Queso  
Tortilla Chips  
Salsa  
Buttered Corn  
Applesauce

Wednesday, October 7

## Breakfast

Sausage, Egg & Cheese  
Croissant or Yogurt &  
Grahams  
Raisins  
Fruit Juice

## Lunch

Popcorn Chicken Bites  
Mashed Potatoes &  
Gravy  
Corn on the Cob  
Dinner Roll  
Frozen Fruit Cup

## 5 Reasons Why Fruits and Vegetables Are Important

1

A growing body of research proves that fruits and vegetables are critical to promoting good health.

It helps reduce your risk of: heart disease, high blood pressure, type II diabetes and certain cancers.

3

Fruits and vegetables have many important phytochemicals that help "fight" to protect your health.

Because they're low in calories and high in fiber, fruits and vegetables can help you control your weight.

5

Fruits and vegetables are a natural source of energy and give the body many nutrients you need to keep going.



Thursday, October 8

## Breakfast

Pancake on Stick or  
Froot Loop Waffle  
Chilled Pears  
Fruit Juice

## Lunch

Jambalaya  
Steamed Cabbage  
Candied Yams  
Navy Beans  
Garlic Knot Roll  
Chilled Pears

Friday, October 9

## Breakfast

Breakfast Pizza or  
Cereal  
Fruit Choice  
Fruit Juice

## Lunch

Crunchy Fish Sticks  
Homemade Macaroni  
& Cheese  
Marinated Tomatoes  
Steamed Broccoli  
Fruit Choice

Monday, October 12

## Breakfast

Sausage Biscuit or  
Pizza Bagel  
Pineapple Tidbits  
Fruit Juice

## Lunch

Louisiana Red Beans  
Steamed Rice  
Marinated Cucumbers  
Mustard Greens  
Cornbread  
Pineapple Tidbits

Tuesday, October 13

## Breakfast

Egg, Canadian Bacon &  
Toast or Cinn.Toast  
Crunch Soft Filled Bar  
Fresh Apple  
Fruit Juice

## Lunch

Mandarin Orange Chicken  
Steamed Rice  
Dumplings  
Vegetable Blend  
Salad  
Fresh Apple

Wednesday, October 14

## Breakfast

Eggstravaganza &  
Hash Brown or Tangi  
McGriddle  
Fruit Cocktail  
Fruit Juice

## Lunch

Sloppy Joe on Bun  
Tasty Tots  
Marinated Tomatoes  
Baked Beans  
Fruit Cocktail

# Available Daily:

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





OCTOBER  
**Breast**  
**CANCER**  
AWARENESS  
MONTH

Thursday, October 15

**Breakfast**

Chicken Biscuit or  
Liege Waffle  
Banana  
Fruit Juice

**Lunch**

Salisbury Steak/Gravy  
Mashed Potatoes  
Green Peas  
Dinner Roll  
Banana

Friday, October 16

**Breakfast**

Pancake on Stick or  
Cheese Omelet,  
Sausage & Toast  
Chilled Peaches  
Fruit Juice

**Lunch**

Pizza  
Baby Carrots/Ranch  
Buttered Corn  
Baked Peaches

Monday, October 19

**Breakfast**

Ham & Egg Biscuit or  
Breakfast Burrito  
Mandarin Oranges  
Fruit Juice

**Lunch**

Hamburger on Bun  
French Fries  
Lett/Tomato/Pickle  
Baked Beans  
Baked Apples

Tuesday, October 20

**Breakfast**

Pancake & Sausage  
Bites or French Toast  
Fresh Grapes  
Fruit Juice

**Lunch**

Chicken & Sausage  
Gumbo  
Steamed Rice  
Potato Salad  
Marinated Cucumbers  
Crackers  
Fresh Grapes

Wednesday, October 21

**Breakfast**

Chicken Biscuit or  
Eggstravaganza &  
Biscuit  
Pineapple Chunks  
Fruit Juice

**Lunch**

Oven Fried Chicken  
Mashed Potatoes & Gravy  
Steamed Broccoli  
Dinner Roll  
Pineapple Chunks

Thursday, October 22

**Breakfast**

Breakfast Eggroll or  
Poffitz Pancake Bites  
Fresh Orange Wedges  
Fruit Juice

**Lunch**

Walking Tacos  
Queso Cheese  
Salsa  
Tortilla Chips  
Buttered Corn  
Fruit of the Month

Friday, October 23

**Breakfast**

Egg Fiestada Croissant  
or Breakfast Pizza  
Applesauce  
Fruit Juice

**Lunch**

Homemade  
Vegetable Soup  
Grilled Cheese  
Sandwich  
Candied Yams  
Applesauce

Monday, October 26

**Breakfast**

Chicken Biscuit or  
Cereal  
Pineapple Tidbits  
Fruit Juice

**Lunch**

Chicken Tenders  
Cheesy Potatoes  
Steamed Broccoli  
Baked Beans  
Texas Toast  
Pineapple Tidbits

Tuesday, October 27

**Breakfast**

Tangi McGriddle or  
Homemade Cinn. Roll  
Fresh Apple Slices  
Fruit Juice

**Lunch**

Mandarin Orange  
Chicken  
Steamed Rice  
Dumplings  
Garden Salad w/ Dressing  
Raw Celery w/Ranch  
Whole Fresh Apple

Wednesday, October 28

**Breakfast**

Pizza Bagel or Egg  
Fiestada Croissant  
Chilled Peaches  
Fruit Juice

**Lunch**

Taco Soup  
Tortilla Chips  
Salad w/ Dressing  
Chilled Peaches  
Brownie

Thursday, October 29

**Breakfast**

Colby Cheese Omelet,  
Sausage & Toast or  
Crescent Filled Bar  
Banana  
Fruit Juice

**Lunch**

Mac/Beef/Cheese  
Casserole  
Green Beans  
Glazed Carrots  
Banana  
Dinner Roll

Friday, October 30

**Breakfast**

Breakfast Burrito or  
Yogurt & Grahams  
Applesauce  
Fruit Juice

**Lunch**

White Beans  
Steamed Rice  
Vegetable Blend  
Candied Yams  
Cornbread  
Applesauce

GET  
excited  
ABOUT  
GETTING  
HEALTHY

# 5-12 Grade Sandwich Line Menu

Thursday, October 1

Cheeseburger

Friday, October 2



Monday, October 5

Breaded Chicken Sandwich

Tuesday, October 6

Pepperoni Pizza

Wednesday, October 7

Tachos

Thursday, October 8

Spicy Chicken Chunks

Friday, October 9

Chicken Fries

Monday, October 12

Hamburger on Bun

Tuesday, October 13

Buffalo Chicken Pizza

Wednesday, October 14

Chicken Salad on Croissant

Thursday, October 15

Popcorn Chicken Bowl

Friday, October 16

Spicy Chicken On Bun

Monday, October 19

Breaded Chicken Sandwich

Tuesday, October 20

Chicken 'N' Waffles

Wednesday, October 21

Hot Dog w/Chili & Cheese

Thursday, October 22

Spicy Chicken On Bun

Friday, October 23

Pepperoni Pizza

Monday, October 26

Popcorn Chicken Bites

Tuesday, October 27

Corn Dog

Wednesday, October 28

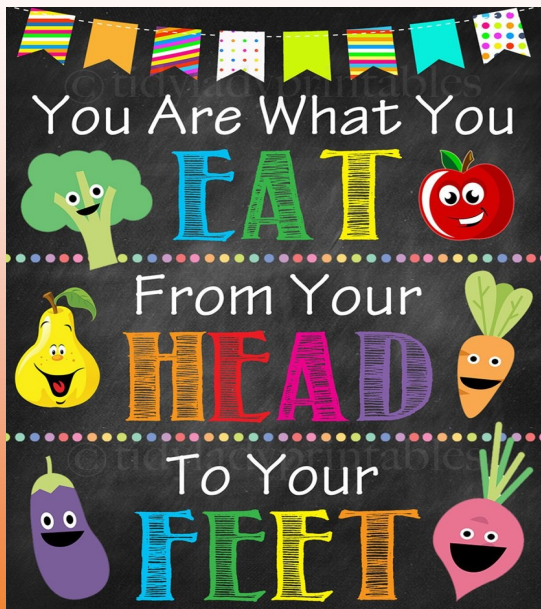
Turkey & Cheese on Croissant

Thursday, October 29

Cheeseburger

Friday, October 30

Buffalo Chicken Pizza



## 9-12 Grade Salad Line Menu Available on Tuesday's & Thursday's

Thursday, October 1

Chef Salad

Tuesday, October 6

Popcorn Chicken Salad

Thursday, October 8

Taco Salad

Tuesday, October 13

Spicy Chicken Salad

Thursday, October 15

Chef Salad

Tuesday, October 20

Popcorn Chicken Salad

Thursday, October 22

Taco Salad

Tuesday, October 27

Spicy Chicken Salad

Thursday, October 29

Chef Salad



# NOW HIRING! CAFETERIA SUBSTITUTES

WORK WITH TANGIPAHOA PARISH SCHOOLS THROUGH ESS.



The Tangipahoa Parish School Board has partnered with ESS to manage our substitute program. A leader in K-12 staffing, ESS is responsible for the hiring and placement of all **substitute child nutrition workers.**



## WHY APPLY?



### FLEXIBLE SCHEDULE

Be OFF on nights,  
weekends, holidays  
& summers!



### WORK LESS, EARN MORE

Cafeteria workers work a  
total of 180 days per  
calendar year.  
That's only 6 months  
out of the year!



### CONVENIENT HOURS

The scheduled hours are  
from 6:30 AM – 2:00 PM  
each school day.

## POSITION DETAILS



We are currently seeking cafeteria  
substitutes for the new **2026–2027**  
school year.



With the hope of eventually becoming  
a permanent employee through the  
Tangipahoa Parish School System.

## CONTACT



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**Make a difference.  
Support students.**

*Every day counts!*



GREAT SCHOOLS



STRONG COMMUNITIES



BRIGHT FUTURES