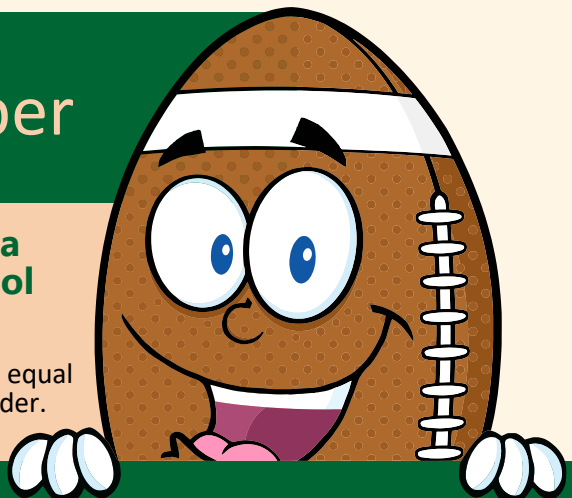


Menus For November 2026

Tangipahoa Parish School System

This institution is an equal
opportunity provider.



DAYLIGHT SAVING TIME ENDS
Change Your Clocks Back One Hour
Sunday, November 1

Monday, November 2

Breakfast

Breakfast Eggroll or
Tangi Waffle Slider
Fresh Orange Wedges
Fruit Juice

Lunch

Spaghetti & Meat
Sauce with Penne
Pasta
Garden Salad
Garlic Knot Roll
Fresh Orange Wedges

Tuesday, November 3

**OFF-
Election
Day**

Wednesday, November 4

Breakfast

Sausage/Egg
Croissant or Yogurt &
Grahams
Raisins
Fruit Juice

Lunch

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

AVAILABLE DAILY

Choice of Milk Available with
Breakfast & Lunch:



Low-Fat White Milk
Chocolate Milk

Thursday, November 5

Breakfast

Pancake on Stick or
Froot Loop Waffle
Chilled Pears
Fruit Juice

Lunch

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

Friday, November 6

Breakfast

Breakfast Pizza or
Cereal
Fruit Choice
Fruit Juice

Lunch

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

Monday, November 9

Breakfast

Sausage Biscuit or
Pizza Bagel
Pineapple Tidbits
Fruit Juice

Lunch

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

Tuesday, November 10

Breakfast

Canadian Bacon, Egg
& Toast or Cinnamon
Toast Soft Filled Bar
Fresh Apple
Fruit Juice

Lunch

Mandarin Orange
Chicken & Rice
Dumplings
Vegetable Blend
Salad w/Dressing
Fresh Apple

Wednesday, November 11

NO SCHOOL

**Veterans
Day**

PLEASE JOIN US IN
SAYING THANKS TO
THOSE WHO HAVE
SERVED

Thursday, November 12

Breakfast

Chicken Biscuit or
Froot Loop Waffle
Banana
Fruit Juice

Lunch

Salisbury Steak
Mashed Potatoes w/
Gravy
Green Peas
Dinner Roll
Banana

Friday, November 13

Breakfast

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

Lunch

Personal Pan Pizza
Buttered Corn
Carrots w/Ranch
Baked Peaches

Monday, November 16

Breakfast

Canadian Bacon & Egg
Biscuit or
Breakfast Burrito
Mandarin Oranges
Fruit Juice

Lunch

Hamburger on Bun
Seasoned French Fries
Lettuce/Tomato/Pickle
Baked Beans
Fruit Choice



Tuesday, November 17

Breakfast

Pancake & Sausage
Bites or French Toast
Fresh Grapes
Fruit Juice

Lunch

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

Wednesday, November 18

Breakfast

Chicken Biscuit or
Eggstravaganza & Biscuit
Pineapple Chunks
Fruit Juice

Lunch

Turkey & Gravy
Cornbread Dressing
Green Peas
Candied Yams
Dinner Rolls
Cranberry Sauce
Banana

Thursday, November 19

Breakfast

Breakfast Egg Roll or
Poffitz Pancakes
Fresh Oranges
Fruit Juice

Lunch

Nachos—Taco Meat
White Queso Cheese
Buttered Corn
Salsa
Fruit of the Month

Friday, November 20

Breakfast

Egg Fiestada Croissant
or Breakfast Pizza
Applesauce
Fruit Juice

Lunch

Homemade Vegetable
Soup
Grilled Cheese
Candied Yams
Applesauce

HEALTHY HABITS

For Healthy Kids

STAY FIT

- Get about eight hours of sleep each night.
- Do some form of exercise every day: run, walk, stretch, play.

STAY HEALTHY

- Practice good hygiene by keeping yourself clean and germ free.

STAY ENERGIZED

- Eat nutritious meals and snacks daily. Include foods from these groups: dairy, grains, protein, vegetables, and fruits.

STAY SAFE

- Wear proper gear when playing sports, bicycling, or riding in a car.
- Obey safety rules.

STAY HAPPY

Make good choices every day for a happy, healthy YOU!



Happy
Thanksgiving!!!
See you
November 30th

Monday, November 30

Breakfast

Chicken Biscuit or
Cereal
Pineapple Tidbits
Fruit Juice

Lunch

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

5-12 Grade Sandwich Line Menu

Monday, November 2 Breaded Chicken Sandwich	Tuesday, November 3 OFF ELECTION DAY	Wednesday, November 4 Tachos	Thursday, November 5 Spicy Chicken Chunks	Friday, November 6 Chicken Fries	Monday, November 19 Cheeseburger	Tuesday, November 10 Buffalo Chicken Pizza
Wednesday, November 11 	Thursday, November 12 Popcorn Chicken Bowl	Friday, November 13 Spicy Chicken On Bun	Monday, November 16 Breaded Chicken Sandwich	Tuesday, November 17 Chicken 'N' Waffles	Wednesday, November 18 Hot Dog w/ Chili & Cheese	Thursday, November 19 Spicy Chicken On Bun
Friday, November 20 Pepperoni Pizza	Monday, November 30 Popcorn Chicken Bites					

9-12 Grade Salad Line Menu

Available on Tuesday's & Thursday's

Tuesday, November 3 Popcorn Chicken Salad		Thursday, November 5 Taco Salad	Tuesday, November 10 Spicy Chicken Salad
Thursday, November 12 Chef Salad	Tuesday, November 17 Popcorn Chicken Salad	Thursday, November 19 Taco Salad	

DON'T 4 GET!

To make a lunch, choose at least one

Fruit/Juice or **Veggie**

Grains **Milk** **Protein**

Fruit/Juice **and 3-5 items total** **Vegetables**

Tangipahoa Parish Schools



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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🌐 ESS.com

✉️ jemiles@ess.com



**Make a difference.
Support students.**

Every day counts!



GREAT SCHOOLS



STRONG COMMUNITIES



BRIGHT FUTURES