Menus for February 2020

Tangipahoa Parish School System

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

<table>
<thead>
<tr>
<th>Monday, February 3</th>
<th>Tuesday, February 4</th>
<th>Wednesday, February 5</th>
<th>Thursday, February 6</th>
<th>Friday, February 7</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Blueberry Pancake</td>
<td>Blueberry Pancake</td>
<td>Blueberry Pancake</td>
<td>Sausage Croissant</td>
<td>Glazed Donuts</td>
</tr>
<tr>
<td>on Stick w/Syrup</td>
<td>on Stick w/Syrup</td>
<td>on Stick w/Syrup</td>
<td>Fruit Juice</td>
<td>Fruit Juice</td>
</tr>
<tr>
<td>Fruit Juice</td>
<td>Fruit Juice</td>
<td>Fruit Juice</td>
<td>Fresh Orange Wedges</td>
<td>Tropical Fruit</td>
</tr>
<tr>
<td>Chilled Peaches</td>
<td>Chilled Peaches</td>
<td>Chilled Peaches</td>
<td>Fresh Orange Wedges</td>
<td></td>
</tr>
<tr>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
<td>Lunch</td>
</tr>
<tr>
<td>Chicken Fajita Soup</td>
<td>Chicken Fajita Soup</td>
<td>Chicken Fajita Soup</td>
<td>Baked Chicken</td>
<td>Baked Chicken</td>
</tr>
<tr>
<td>Homemade Grilled</td>
<td>Homemade Grilled</td>
<td>Homemade Grilled</td>
<td>Mashed Potatoes/Gravy</td>
<td>Mashed Potatoes/Gravy</td>
</tr>
<tr>
<td>Cheese</td>
<td>Cheese</td>
<td>Cheese</td>
<td>Glazed Carrots</td>
<td>Glazed Carrots</td>
</tr>
<tr>
<td>Steamed Broccoli</td>
<td>Steamed Broccoli</td>
<td>Steamed Broccoli</td>
<td>Chilled Peaches</td>
<td>Chilled Peaches</td>
</tr>
<tr>
<td>Wheat Crackers</td>
<td>Wheat Crackers</td>
<td>Wheat Crackers</td>
<td>Hot Fresh Baked Roll</td>
<td>Whole Wheat Crackers</td>
</tr>
<tr>
<td>Pineapple Chunks</td>
<td>Pineapple Chunks</td>
<td>Pineapple Chunks</td>
<td></td>
<td>Tropical Fruit</td>
</tr>
</tbody>
</table>

Available Daily:

A Variety of Breakfast Choices are also available in addition to our standard HOT Breakfast Choice!

**YOU’VE GOT TO LOVE IT!**

You’ve got to love your heart, that is! And taking care of your heart is a job that lasts your whole lifetime. Eat more fruits, veggies, and whole grains and less salt and saturated fat. And exercise regularly like your healthy heart depends on it – because it does!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

**HAPPY VALENTINE’S DAY!**

**FEBRUARY 14**

- Breakfast: Iced Cinnamon Swirl Iced Cinnamon Swirl Fruit Juice Fruit Juice Apple sauce
- Lunch: Macaroni Beef & Cheese Macaroni Beef & Cheese Casserole Seasoned Green Beans Beans Marinated Tomatoes Marinated Tomatoes Flavored Applesauce Flavored Applesauce Hot Fresh Baked Roll Hot Fresh Baked Roll
Monday, February 17
**Breakfast**
- Canadian Bacon & Egg Biscuit w/Jelly
- Fruit Juice
- Fresh Orange Wedges

**Lunch**
- Cherry Blossom Chicken
- Steamed Brown Rice
- Egg Roll
- Vegetable Blend
- Fresh Orange Wedges

Tuesday, February 18
**Breakfast**
- Eggstravaganza Toast w/Jelly
- Fruit Juice
- Fresh Apple Slices

**Lunch**
- Nachos-Taco Meat
- Nacho Cheese Sauce
- Salsa
- Salad with Dressing
- Fun Dip Apples

Wednesday, February 19
**Breakfast**
- Maple Pancake on Stick with Syrup
- Fruit Juice
- Chilled Pears

**Lunch**
- Oven Fried Chicken
- Mashed Potatoes/Gravy
- Green Peas
- Chilled Pears
- Hot Fresh Baked Roll

---

**What’s on YOUR plate?**

**Q:** Why is fish often prepared and served with lemon?

**A:** Nowadays, it’s mostly for flavor. But legend has it that people first served lemon with fish because they believed it would dissolve any fish bones they might swallow! With or without lemon, salmon filets like these are high in heart-healthy omega-3 fatty acids. Not to mention that they’re also scrumptious!

---

**FRUIT OF THE MONTH**

**Tangerine**

Tangerines were one of the first “little” oranges to appear regularly in our markets. The skin is looser than orange skin, so they are easy to peel and break into pieces. The taste is both more intense and sweeter than an orange, and all that vitamin C is still there!

---

**Word of the Month**

**honest**

*adj. 1.* honorable in principles, intentions, and actions
*2.* showing uprightness and fairness
*3.* truthful or credible
*4.* sincere, frank

---

**eatfit**

**wanna stay fit? gotta eat right!**

**item:** oatmeal  
**verdict:** any time  
**tip:** Hot oatmeal does your body good on chilly winter’s mornings – and afternoons and evenings, too! Just be sure to mix it with water or low-fat milk and lay off the extra sugar – try a few juicy blueberries or other fruit instead, and bump the protein and fiber with a sprinkle of nuts.

---

**FRUIT & VEGETABLES**

- **Half Fruits & Vegetables**
- **Protein**
- **Grains Mostly Whole**
- **DAIRY**

---

**FRUIT & VEGETABLES**

**FRUIT**
- **FRUIT**
- **VEGETABLES**
- **PROTEIN**
- **GRAINS**
- **DAIRY**

---

**FRUIT & VEGETABLES**

**FRUIT**
- **FRUIT**
- **VEGETABLES**
- **PROTEIN**
- **GRAINS**
- **DAIRY**

---

**FIT METER**

**Tips:**
- Foods should contain 15%–20% of calories from fat.
- Women should eat at least 15g of fiber a day.
- Men should eat at least 25g of fiber a day.

---

**Friday, February 20**

**Breakfast**
- Egg & Cheese on Bun
- Fruit Juice
- Banana

**Lunch**
- Beef Soft Taco
- Shredded Cheese
- Refried Beans
- Salsa
- Steamed Broccoli
- Salad w/Dressing
- Banana

---

**Friday, February 21**

**Breakfast**
- Breakfast Pizza
- Fruit Juice
- Fruit Cocktail

**Lunch**
- Crunchy Fish Sticks
- Macaroni & Cheese
- Buttered Corn
- Marinated Tomatoes
- Fruit Cocktail

---

**Thursday, February 27**

**Breakfast**
- Tangi Waffle Slider w/Syrup
- Fruit Juice
- Pineapple Tidbits

**Lunch**
- Louisiana Style Red Beans & Rice
- Mustard Greens
- Marinated Cucumbers
- Hot Baked Apples
- Fresh Baked Cornbread

---

**Thursday, February 28**

**Breakfast**
- Pop Tarts
- Fruit Juice
- Fruit Cocktail

**Lunch**
- Sloppy Joe on Bun
- Tasty Tator Tots
- Baby Carrots w/Ranch
- Chilled Fruit Cocktail

---

**Every complete meal we serve comes with your choice of milk!**
# 5-12 Grade Sandwich Line Menu

<table>
<thead>
<tr>
<th>Monday, February 3</th>
<th>Tuesday, February 4</th>
<th>Wednesday, February 5</th>
<th>Thursday, February 6</th>
<th>Friday, February 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spicy Chicken on Bun</td>
<td>BBQ Ribbett on Bun</td>
<td>Popcorn Chicken Bites on Bun</td>
<td>Hamburger on Bun</td>
<td>Ham &amp; Cheese Melt</td>
</tr>
<tr>
<td>Lettuce/Tomato/Pickle Seasoned French Fries</td>
<td>Seasoned French Fries</td>
<td>Lettuce/Tomato/Pickle Seasoned French Fries</td>
<td>Lettuce/Tomato/Pickle</td>
<td>Chips</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, February 10</th>
<th>Tuesday, February 11</th>
<th>Wednesday, February 12</th>
<th>Thursday, February 13</th>
<th>Friday, February 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dish Pizza</td>
<td>Hamburger on Bun Lettuce/Tomato/Pickle Seasoned French Fries</td>
<td>Spicy Chicken on Bun Lettuce/Tomato/Pickle Seasoned French Fries</td>
<td>Turkey Wrap Chips</td>
<td>Fish Patty on Bun Lettuce/Tomato/Pickle Seasoned French Fries</td>
</tr>
<tr>
<td>Pizza Dipping Sauce</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, February 17</th>
<th>Tuesday, February 18</th>
<th>Wednesday, February 19</th>
<th>Thursday, February 20</th>
<th>Friday, January 21</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hamburger on Bun Lettuce/Tomato/Pickle Chips</td>
<td>Spicy Chicken on Bun Lettuce/Tomato/Pickle Seasoned French Fries</td>
<td>Meatball Sub Chips</td>
<td>Breaded Chicken Sandwich Lettuce/Tomato/Pickle</td>
<td>Texas Western BBQ Sandwich Chips</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

# 9-12 Grade Salad Line Menu

Available on Tuesday's & Thursday's

<table>
<thead>
<tr>
<th>Tuesday, February 4</th>
<th>Thursday, February 6</th>
<th>Tuesday, February 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Popcorn Chicken Salad with Croutons</td>
<td>Taco Salad with Tortilla Chips</td>
<td>Shrimp Popper Salad with Crackers</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Thursday, February 13</th>
<th>Tuesday, February 18</th>
<th>Thursday, February 20</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chef Salad with Croutons</td>
<td>Popcorn Chicken Salad with Croutons</td>
<td>Taco Salad with Tortilla Chips</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**MAKE TIME.**

Adults should get at least 2.5 hours of moderate aerobic exercise a week. Teens should get 60 total minutes of moderate to vigorous physical activity each day.

**NUTRITION TO GO**

Think salad is always healthy? The dressing on some restaurant salads may add hundreds of calories and 20 grams of fat to a meal! So try to ask for the dressing on the side when you eat out, choose oil-and-vinegar style over creamier dressings, and consider lower-fat dressing when buying by the bottle.

**A QUICK BITE FOR PARENTS**
Join our Team!

Become a Food Service Worker

We are now hiring Food Service Workers to help feed our students healthy meals.

Here are just a few benefits of the job:
- Work with kids everyday!
- Great hours - be off when your kids are off
- Holidays off
- Nights & Weekends off
- Summers off
- Easy commute - work at a school close to home
- Opportunity for advancement
- Learn new skills
- Work with awesome co-workers

Call Today for more information (985) 748-2480

ALL APPLICANTS MUST PROVIDE A VALID DRIVER’S LICENSE