

Middle School Menus February 2024

ST. CHARLES
PARISH
PUBLIC
SCHOOLS



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



Monday, February 5

Breakfast

Pancakes
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Alfredo Pasta
Carrots
Broccoli Florets
Peach Slices

Tuesday, February 6

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Fish Sticks
Macaroni & Cheese
Green Beans
Cucumber & Tomato Salad
Apple Wedges

Wednesday, February 7

Breakfast

St Charley Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chili
Fritos
Shredded Cheese
Corn, Garden Salad
Banana

Thursday, February 8

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken/Sausage Jambalaya
White Beans
Steamed Carrots
Garlic Bread
Pineapple Tidbits

Friday, February 9

Breakfast

Muffin Choice w/Cheese
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Totchos
Black Bean & Corn Salsa
Sour Cream
Jalapeño Cornbread
Orange Wedges
Cookie

Thursday, February 1

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Mini Corn Dogs
Baked Beans
Celery & Carrot w/Ranch Dip
Pineapple Tidbits

Friday, February 2

Breakfast

French Toast Sticks
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Fresh Pizza
Marinara Sauce Cup
Green Beans
Fresh Orange Wedges

TRUST YOUR HEART.



Your heart knows: WHAT TIME you eat matters. Eating a healthy meal early in the day is linked to a lower risk of heart attack, while eating late at night before bed is linked to an increased risk. Listen to your heart!

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

AVAILABLE DAILY

With all meals:

Low Fat White or Fat Free Flavored Milk

Every day at Lunch

Deli Sandwich

Mon/Weds/Fri

Fresh Hot Pizza

Tuesday (rotates weekly)

Turkey Bacon Wrap

Chicken Filet

Thursday

Hamburger or Cheeseburger with Fries

2024

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The Chinese New Year begins with the new moon on February 10, 2024 is the Year of the Dragon.



YEAR OF THE DRAGON



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



JUDGE JANE

Jane Bolin was the first black woman to graduate from Yale Law School and the first black female judge ever in the United States. After her appointment in 1931, she remained the sole black female judge in the country for 20 years. After serving as a judge for nearly half a century, she retired and volunteered as a reading instructor in New York City public schools before her death at 98 years old in 2007.

AFRICAN AMERICAN HISTORY MONTH

Mardi Gras Holiday

Monday, February 12 to Friday, February 16



Monday, February 19

Breakfast

Parfait or Breakfast Burrito
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Red Beans w/Steamed Rice
Seasoned Mustard Greens
Steamed Carrots
Cornbread
Peaches

Tuesday, February 20

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

Wed., February 21

Breakfast

St Charley Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Shepherds Pie
Mashed Potatoes
Peas & Carrots
WW Roll
Banana

Thursday, February 22

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Turkey Stew
Steamed Rice
Carrot Soufflé
Steamed Cabbage
Pineapple Tidbits

Friday, February 23

Breakfast

Fresh Donut
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Enchiladas
Green Beans
Garden Salad
Fruit of the Month
Brownie w/Icing

Monday, February 26

Breakfast

Cheesy Grits
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Tenders
Waffles w/Syrup
Green Beans
Carrots
Applesauce

Tuesday, February 27

Breakfast

Chicken Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Orange Chicken
Fried Rice
Broccoli Florets
Asian Chopped Salad
Tropical Fruit

Wed., February 28

Breakfast

St Charley Cinnamon Roll
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken/Sausage Gumbo
Steamed Rice
Potato Salad
Garden Salad, Crackers
Banana

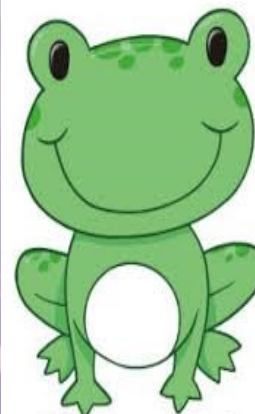
Thursday, February 29

Breakfast

Sausage Biscuit
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

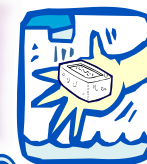
Spaghetti & Meatsauce
Peas
Italian Salad
Garlic Bread
Pineapples



It's a Leap Year!

Floo Powder?

Harry Potter and his pals use magical FLOO Powder to move around their world, but in our world there's no magic cure for the FLU. But there are three ways you can help keep yourself and others healthy during flu season.



1

Wash your hands frequently.



2

Cover up when you sneeze or cough.



3

If you do get sick, stay home.

NUTRITION TO GO

Winter is the season when the fresh orange crop is at its juicy peak -- and that's also when we can really use the color, flavor, and aroma of fresh oranges, tangerines, and clementines. Oranges (mainly in juice form) are easily the primary source of vitamin C for Americans, but choose whole fresh oranges for a good shot of fiber, too.

A QUICK BITE FOR PARENTS