

**ST CHARLES
PARISH
PUBLIC
SCHOOLS**

High School Menus

**February
2024**

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

BREAKFAST OPTIONS

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)

Pancake ♦ Parfait or Breakfast Burrito
Cheesy Grits

Tuesday

Chicken Biscuit

Wednesday

St. Charles's Cinnamon Roll

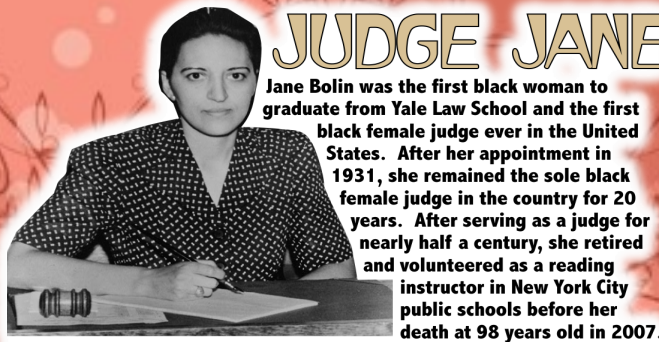
Thursday

Sausage Biscuit

Friday

(selections rotate weekly)

French Toast Sticks
Muffin Choice w/Cheese Stick
Fresh Donut



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

Thursday, February 1

Meat Sauce & Spaghetti	Hamburger/Cheeseburger
Peas	Potato Bar
Italian Salad	Turkey Wrap
Garlic Knot	
Fresh Fruit Choice	

Friday, February 2

Beef Pot Roast & Gravy	Pizza
Mashed Potatoes	Fish Sticks w/Fries
Cal Blend Veggies	Hot Dog Bar
Roll	Sunbutter Sandwich
Pineapple Tidbits	

Monday, February 5

Chicken Alfredo Pasta	Pizza
Steamed Carrots	Honey Island Chicken Sand.
Broccoli Florets	Asian Bar
Garlic Knot	Turkey Sandwich
Sliced Peaches	

Tuesday, February 6

Fish Sticks	Roast Beef Po-Boy
Macaroni & Cheese	Taco/Burrito Bar
Green Beans	Sunbutter Sandwich
Cucumber/Tomato Salad	
Fresh Fruit Choice	

Wednesday, February 7

St. Charles's Chili	Pizza
Steamed Corn	Loaded Totchos
Garden Salad	Pasta Bar
Cornbread Poppers	Ham & Cheese Sandwich
Fresh Fruit Choice	

Thursday, February 8

Chicken/Sausage Jambalaya	Hamburger/Cheeseburger
White Beans	Potato Bar
Carrots	Turkey Wrap
Dinner Roll	
Fresh Fruit Choice	

Friday, February 9

General Tso w/Noodles	Pizza
Stir Fry Veggies	Chicken Tenders w/Fries
Asian Chopped Salad	Hot Dog Bar
Pineapple Tidbits w/Cherries	Sunbutter Sandwich

\$MOOOch!



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



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!**



Mardi Gras Holidays
Mon. Feb. 12 to
Fri. Feb. 16

eat fit

wanna stay fit?
gotta eat right!



item: hot peppers **verdict:** FIRE!!!

tip: Turns out that setting your mouth ablaze can be good for you. Hot chili peppers like habañeros, scotch bonnets, and jalapeños contain a substance called "capsaicin" that is a powerful pain reliever and that also helps curb the appetite, speed up metabolism, and burn up to 100 extra calories. The hotter the pepper the more capsaicin, so go on -- feel the burn!



Monday, February 19

Red Beans & Rice	Pizza
Seasoned Mustard Greens	Honey Island Chicken Sand.
Steamed Carrots	Asian Bar
Cornbread	Turkey Sandwich
Sliced Peaches	

Tuesday, February 20

Italian Beef & Cheese Mac	Roast Beef PoBoy
Tomato & Cucumber Salad	Taco/Burrito Bar
Green Beans	Sunbutter Sandwich
Garlic Knot	
Fresh Fruit Choice	

Wednesday, February 21

Shepherd's Pie	Pizza
Peas & Carrots	Loaded Totchos
Roll	Pasta Bar
Fresh Fruit Choice	Ham & Cheese Sandwich

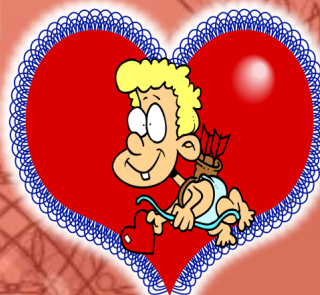
Thursday, February 22

Turkey Stew w/ Rice	Hamburger/Cheeseburger
Carrot Soufflé	Potato Bar
Steamed Cabbage	Turkey Wrap
Dinner Roll	
Fresh Fruit Choice	

Friday, February 23

Chicken Enchiladas	Pizza
Refried Beans, Sour Cream	BBQ Chicken w/Fries
Southwest Corn	Hot Dog Bar
Pineapple Tidbits	Sunbutter Sandwich

YOU'RE GOOD



ALL STUDENTS EAT ALL MEALS @
NO COST ALL YEAR LONG

#1 BY THE NUMBERS
TEACHERS RECEIVE MORE VALENTINES
THAN ANYONE ELSE, FOLLOWED BY
CHILDREN, MOTHERS, WIVES, AND PETS!

Monday, February 26

Chicken Tenders	Pizza
Waffles w/Syrup	Sriracha Chicken Sandwich
Green Beans	Asian Bar
Carrots	Turkey Sandwich
Applesauce	

Tuesday, February 27

Orange Chicken/Fried Rice	Carnita Sliders
Broccoli Florets	Taco/Burrito Bar
Asian Chopped Salad	Sunbutter Sandwich
Fresh Fruit Choice	

Wednesday, February 28

Chicken/Sausage Gumbo	Pizza
Steamed Rice, Crackers	Loaded Totchos
Okra & Tomato	Pasta Bar
Potato Salad, Garden Salad	Ham & Cheese Sandwich
Fresh Fruit Choice	

Thursday, February 29

Meat Sauce & Spaghetti	Hamburger/Cheeseburger
Peas	Potato Bar
Italian Salad	Turkey Wrap
Garlic Knot	
Fresh Fruit Choice	

