

High School Menus for March 2024



ST. CHARLES PARISH PUBLIC SCHOOLS

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 ♦ Pancake on a Stick
Parfait ♦ Cheesy Grits

Tuesday

Chicken Biscuit

Wednesday

St. Charley's Cinnamon Roll

Thursday

Sausage Biscuit

Friday

(selections rotate weekly)

French Toast Sticks ♦ Muffin Choice
Waffle ♦ Fresh Donut

Friday, March 1	
Beef Pot Roast & Gravy	Pizza
Mashed Potatoes	Fish Sticks w/Fries
Cal Blend Veggies	Hot Dog Bar
WW Roll	Sunbutter Sandwich
Pineapple Tidbits	
Monday, March 4	
Popcorn Chicken	Pizza
Mashed Potatoes	Honey Island Chicken Sand
Broccoli Florets	Asian Bar
Garlic Knot	Turkey Sandwich
Sliced Peaches	
Tuesday, March 5	
General Tso w/Noodles	Roast Beef Po-Boy
Stir Fry Veggies	Taco/Burrito Bar
Asian Chopped Salad	Sunbutter Sandwich
Pineapple w/Cherries	
DHS: Manager's Choice	
Wednesday, March 6	
St. Charley's Chili	Pizza
Steamed Corn	Loaded Totos
Garden Salad	Pasta Bar
Cornbread Poppers	Ham & Cheese Sandwich
Fresh Fruit Choice	
Thursday, March 7	
Chicken and Sausage	Hamburger/Cheeseburger
Jambalaya	Potato Bar
White Beans	Turkey Wrap
Carrots, WW Roll	
Fresh Fruit Choice	
Friday, March 8	
Fish Sticks	Pizza
Macaroni & Cheese	Chicken Tenders w/Fries
Green Beans	Hot Dog Bar
Cucumber/Tomato Salad	Sunbutter Sandwich
Fresh Fruit Choice	

THE A LIST

Top 10 Artists for all of 2023

- 1/Taylor Swift
- 2/Morgan Wallen
- 3/Drake
- 4/Zach Bryan
- 5/Luke Combs
- 6/21 Savage
- 7/The Weeknd
- 8/Miley Cyrus
- 9/Post Malone
- 10/Post Malone

Source: Billboard

TRY BREAKFAST@SCHOOL!

If you are like a lot of teens, eating a healthy breakfast while you are rushing to get out the door in the morning can be a real hassle.

This month, we're celebrating **National School Breakfast Week, March 4-8** -- which makes this a great time to try hassle-free **Breakfast@School!**



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

54 BY THE NUMBERS
PERCENTAGE OF TEENS WHO
REPORT BEING AFRAID OF
TRYING OUT OR AUDITIONING

SWEET TOOTH



The Honey Badger of Africa
and Asia is really closer to a
weasel than a true badger, but

one thing about its name is definitely true: the honey badger loves honey and will avidly seek out beehives to get at it. Of course, the honey badger will also eat pretty much anything it finds -- rodents, frogs, snakes, insects, turtles, birds, lizards, eggs, vegetables, and whatever else it comes across. They've even been known to chase away young lions and steal their kills. Guess the honey badger really doesn't care!

ANIMAL APPETITES

eatfit

wanna stay fit?
gotta eat right!



item: Baked Potato
verdict: Crown with care!

tip: The simple baked spud is a veritable king of healthy eating . . . **UNLESS** you're one of those people who consider a baked potato to be nature's perfect excuse to melt and consume gobs of butter, cheese, and sour cream. Remember: potato, no fat -- sour cream and cheese, lots of fat -- butter, all fat! Try just a little butter or a small dollop of sour cream with fresh green onions and steamed broccoli instead to keep this versatile veggie delicious and healthy!



Please see the other page
for items available daily

Monday, March 11

Chicken Alfredo Pasta	Pizza
Green Beans	Sriracha Chicken Sand.
Steamed Carrots	Asian Bar
Garlic Knot	Turkey Sandwich
Applesauce	

Tuesday, March 12

Roasted Chicken	Carnita Sliders
Loaded Mashed Potatoes	Taco/Burrito Bar
Steamed Corn	Sunbutter Sandwich
Dinner Roll	
Pear Halves	

Wednesday, March 13

Potato Soup	Pizza
Garlic Knot	Loaded Totchos
Garden Salad	Pasta Bar
Fresh Fruit Choice	Ham & Cheese Sandwich

Thursday, March 14

Beef Teriyaki Dippers	Hamburger/Cheeseburger
Steamed Rice	Potato Bar
Broccoli Florets	Turkey Wrap
Edamame, Roll	
Fresh Fruit Choice	

Friday, March 15

Pastalaya	Pizza
Green Beans	Fish Sticks w/Fries
Garden Salad, Dinner Roll	Hot Dog Bar
Pineapple Tidbits	Sunbutter Sandwich

Monday, March 18

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

Tuesday, March 19

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

Wednesday, March 20

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

Thursday, March 21

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

Friday, March 22

Cheese Enchiladas	Pizza
(no chicken)	BBQ Chicken w/Fries
Refried Beans, SW Corn	Hot Dog Bar
Pineapple Tidbits	Sunbutter Sandwich

Monday, March 25

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

Tuesday, March 26

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

Wednesday, March 27

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

Thursday, March 28

Easter Brunch	Hamburger/Cheeseburger
Scrambled Eggs	Potato Bar
Grits, Sausage	Turkey Wrap

Biscuit, Potato Coins
Fresh Fruit Choice

Friday, March 29

NO SCHOOL
GOOD FRIDAY



Easter Break:

Mon, April 1—Fri, April 5

Classes Resume: Monday, April 8