

Middle School Menus

March 2024

**ST. CHARLES PARISH
PUBLIC SCHOOLS**

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



Kids!

Join us March 4-8
for
**National School
Breakfast Week
2024!**

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's Hot Sandwich

(selection rotates weekly)

Turkey Bacon Wrap

Chicken Filet

Thursday's Hot Sandwich

**Hamburger or Cheeseburger
with Fries**

FIRST THINGS FIRST!

This year, we've been telling you a lot about the educational and health benefits of eating a nutritious breakfast. Remember: kids can't do their best unless they're well fed in the morning!



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

Friday, March 1

Breakfast

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

Lunch

Grilled Cheese Sandwich
Baked Beans
Celery & Carrot w/Ranch Dip
Orange Wedges
Jello w/Whipped Topping

**SATURDAY, MARCH 2 IS
READ ACROSS AMERICA DAY!**

WHAT WILL YOU READ TODAY?



Monday, March 4

Breakfast

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

Lunch

Popcorn Chicken
Mashed Potatoes
Broccoli Florets
Peach Slices

Tuesday, March 5

Breakfast

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

Lunch

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

Wednesday, March 6

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, March 7

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, March 8

Breakfast

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

Lunch

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



Monday, March 11

Breakfast

Pancake on a Stick
Cereal w/Graham Crackers
Yogurt w/Tiger Bites
Fruit or Juice Choice

Lunch

Chicken Alfredo Pasta
Green Beans
Carrots
Applesauce

Tuesday, March 12

Breakfast

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

Lunch

Roasted Chicken
Mashed Potatoes
Corn
WW Roll
Pear Halves

Wednesday, March 13

Breakfast

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

Lunch

Potato Soup
Garden Salad
WW Roll
Banana

Thursday, March 14

Breakfast

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

Lunch

Beef Teriyaki Dippers
Steamed Rice
Edamame Beans
Broccoli Florets
Pineapple Tidbits w/Cherries

Friday, March 15

Breakfast

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

Lunch

Bosco Sticks
Marinara Sauce Cup
Green Beans
Orange Wedges



**What did the
Teddy Bear
say when
he was
offered
dessert?**



"No, thanks. I'm stuffed!" Actually, that's not a bad answer for a real kid, too. Foods that are mainly sugar, fat, or oil -- like candy and desserts -- are fine in small portions and once in awhile. But they should not replace healthy foods in your diet and they should not be an every day choice!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, March 18

Breakfast

Yogurt Parfait
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, March 19

Breakfast

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

Lunch

Tacos w/Cheese
Steamed Corn
Refried Beans
Taco Salad Cup, Salsa
Apple Wedges

Wednesday, March 20

Breakfast

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

Lunch

Beef Pot Roast
Mashed Potatoes
Peas/Carrots
Dinner Roll
Banana

Thursday, March 21

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, March 22

Breakfast

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

Lunch

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

Monday, March 25

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, March 26

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

Wednesday, March 27

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, March 28

Breakfast

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

Easter Brunch

Scrambled Eggs
Sausage
Potato Coins
Grits, Biscuit
Fruit or Fruit Juice

Friday, March 29



Easter Break:
Mon. April 1—Fri. April 5
Classes Resume: Monday, April 8