



ST TAMMANY PARISH PUBLIC SCHOOLS LUNCH MENUS FOR ELEMENTARY SCHOOLS OCTOBER 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 HOMEMADE COOKIE DAY Chicken Bites Apple wedges or Mixed fruit Broccoli Crown Florets Creamy Mashed Potatoes Hot Breadstick Chocolate Chip or oatmeal Cookie	2 Hot Dog w/ chili or Sunbutter Jelly Sandwich Honey dew or Kiwi Crispy Potato Rounds Bayou Baked Beans Fresh Baked Wrap OR Bun Sugar free Jello	3 Chinese Orange Chicken Chilled pineapple tidbits or pears Fresh Crisp Carrots Fresh Crisp Celery Sticks OR Cauliflower Florets Fluffy Rice Texas Toast	4 NATIONAL TACO DAY Beef OR Chicken Tacos w/ Fixings Bananas Chilled Fruit Juice Zesty Refried Beans School Made Cinnamon Stick	5 PARISH FAIR HOLIDAY No School
8 Delicious Chicken Tenders Apple wedges Garden Green Salad Bayou Baked Beans Creamy Mac-N-Cheese Fresh Baked Roll	9 Beef or chicken Taco Salad w/ chips Cantaloupe or strawberries Garden Green Salad Salsa Refried Beans Fresh Baked Cinna-stick	10 Breaded Pork Chop OR Fried, Baked Chicken Frozen Fruit Cups Sweet Potato Casserole Yellow Squash OR Cucumber Slices Fresh Baked Breadstick Rice and gravy	11 Breezy Beefy Mac OR Sunbutter Jelly Sandwich Cran- raisins Seasoned Green Peas Fresh Crisp Carrots Hot Breadstick Fudgy Brownie	12 PROFESSIONAL DEVELOPMENT DAY (NO STUDENTS)
15	16	17	18	19
NATIONAL SCHOOL LUNCH WEEK - School Lunch: Lots 2 Love				
Chinese Orange Chicken & Rice Pineapple tidbits Delicious Fruit Crisp Fresh Crisp Carrots Steamed Broccoli Florets Fresh baked breadstick	Beef or Chicken Nachos Cantaloupe or Strawberries Garden Green Salad Salsa Refried Beans Fresh Baked Cinna-Stick	National Take Your Parents to Lunch Day Baked or Fried Chicken Oranges or Mixed fruit Fresh Crisp Carrots Louisiana Style Red Beans & Rice Flaky Biscuit	Meatball Sub or Sunbutter jelly Sandwich Apples or applesauce Garden Green Salad Seasoned Green Beans Fresh Baked Breadstick OR Sub Roll Yellow cake with icing	Hamburger OR Cheeseburger Banana Crisp Green Lettuce Hot French Fries Fresh Baked Chocolate Chip Cookie
22 Delicious Chicken Tenders Chilled pears or mixed fruit Garden Green Salad Green Peas Creamy Mac-N-Cheese Fresh baked breadstick	23 Beef Tacos w/ Fixings Chilled peaches Chilled Fruit Juice Zesty Refried Beans School Made Cinnamon Stick	24 Fried OR Baked Catfish Kiwi or chilled pears Sugar free jello Fresh Broccoli Bites Mashed Potatoes, Baked beans Fresh Baked Breadstick	25 Sloppy Joe or Sunbutter jelly Sandwich Applesauce or Apples Fresh Crisp Carrots Hot French Fries Fudgy Brownie	26 Hot Pepperoni or cheese Pizza bananas Tasty Marinara Sauce Whole Kernel Corn Chewy Oatmeal Cookie
29 Dipping Chicken Bites Apples or mixed fruit Broccoli Crown Florets Creamy Mashed Potatoes w/gravy Fresh baked breadstick	30 Beef or chicken taco Salad w/ chips Chilled Fruit Garden Green Salad Salsa Refried Beans Fresh Baked cinna-stick	31 Chinese Orange Chicken Cantaloupe or strawberries Fresh Crisp Carrots Fresh Crisp Celery Sticks OR Cauliflower Florets Fluffy Rice Hot Breadstick	LUNCH PRICES: Reduced (PK-12) \$0.40 Full Price (PK-6) \$1.30 Full Price (7-12) \$1.55 Eligible Adults \$3.25 Visitors \$4.75	AVAILABLE DAILY: Low-Fat White Milk Fat-Free Chocolate Milk Fat-Free Strawberry Milk OPTIONAL ENTRÉE: upon request Non-Fat Flavored Yogurt w/Mozzarella String Cheese OR Sunbutter and Jelly Sandwich

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