

**East Baton Rouge Parish School System Child Nutrition Program
ELEMENTARY SCHOOL MENUS**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">— WELCOME — BACK TO SCHOOL</p>				
	7	8	9	10
		<p><u>First Day for Students</u> Classic Cheeseburger WG Bun Sandwich Salad Cup Oven Baked French Fries Baked Beans Ketchup/Mayonnaise/Mustard Assorted Fruit Milk</p>	<p>Pizza with WG Crust Dark Green Salad w/Fruit & Fruit Vinaigrette Dressing Fresh Baby Carrots Assorted Fruit Milk</p>	<p>Chicken Nuggets Vegetable Rice Steamed Broccoli Assorted Fruit WG Animal Crackers Orange Sauce Milk</p>
14	15	16	17	18
<p>Chicken & Sausage Jambalaya Seasoned Green Beans Steamed Vegetable Blend Assorted Fruit Cornbread Muffin Milk</p>	<p>Turkey Roast with Gravy Steamed Brown Rice Sweet Potatoes Fresh Broccoli Salad Assorted Fruit WG Roll Milk</p>	<p>Chili Mac n Cheese Oven Baked Tater Tots Sliced Cucumbers Assorted Fruit Milk</p>	<p>Glazed BBQ Chicken Baked Beans Steamed Mixed Vegetable Assorted Fruit Garlic and Herb Roll Milk</p>	<p>Pizza with WG Crust Dark Green Salad w/Fruit & Fruit Vinaigrette Dressing Fresh Baby Carrots Assorted Fruit Milk</p>
21	22	23	24	25
<p>Pasta with Bolognese Sauce Steamed Broccoli Fire Roasted Corn on the Cob Assorted Fruit Garlic and Herb Roll Milk</p>	<p>Taco(s) Beef OR Chicken WG Shell - Soft OR Hard Taco Salad Cup Black Beans Salsa Cup Assorted Fruit WG Sweet Crackers Milk</p>	<p>Classic Cheeseburger WG Bun Sandwich Salad Cup Oven Baked French Fries Ketchup/Mayonnaise/Mustard Assorted Fruit Milk</p>	<p>Oven Fried Chicken Rice Pilaf Steamed Cabbage Baby Carrots Assorted Fruit WG Roll Milk</p>	<p>Chicken and Waffles Tater Tots Tossed Green Salad w/ Ranch Syrup Assorted Fruit Milk</p>
28	29	30	31	
<p>Chicken Nuggets Vegetable Rice Steamed Broccoli Assorted Fruit WG Animal Crackers Orange Sauce Milk</p>	<p>Beefy Tortilla Chips Cheese Sauce Steamed Corn Lettuce & Diced Tomato Cup Assorted Fruit Milk</p>	<p>Salisbury Steak & Gravy Creamy Mashed Potatoes Steamed Vegetable Blend Assorted Fruit WG Roll Milk</p>	<p>Creamy Chicken Pasta Alfredo Cucumber and Tomato Salad Seasoned Pinto Beans Assorted Fruit Garlic and Herb Breadstick Milk</p>	

Meal Component Key: WG: Whole Grain

* Menu is subject to change due to availability of food item(s).

* Four (4) choices of Fat-Free and Low-Fat daily.



* Lactaid Milk is available to students who are Lactose Intolerant. Soy Milk is available to students who have a milk allergy.

* This institution is an equal opportunity provider.

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**East Baton Rouge Parish School System Child Nutrition Program
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**2023 - 24
SEPTEMBER 2023**

Monday	Tuesday	Wednesday	Thursday	Friday	
<p>Healthy Tip...</p> <p>** Drink-up ...Water is a great calorie free beverage needed to keep all cells healthy. **</p>					<p>1 Crispy Fish Strips WG Macaroni & Cheese Steamed Mixed Vegetables Fresh Baby Carrots Assorted Fruit Cajun Sauce Milk</p>
<p>4</p> 	<p>5 Chicken & Sausage Jambalaya Seasoned Green Beans Steamed Vegetable Blend Assorted Fruit Cornbread Muffin Milk</p>	<p>6 Chili Mac n Cheese Oven Baked Tater Tots Sliced Cucumbers Assorted Fruit Milk</p>	<p>7 Turkey Roast with Gravy Steamed Brown Rice Sweet Potatoes Fresh Broccoli Salad Seasoned Lima Beans Assorted Fruit WG Roll Milk</p>	<p>8 Pizza with WG Crust Dark Green Salad w/Fruit & Fruit Vinaigrette Dressing Fresh Baby Carrots Assorted Fruit Milk</p>	
<p>11 Pasta with Bolognese Sauce Steamed Broccoli Fire Roasted Corn on the Cob Assorted Fruit Garlic and Herb Roll Milk</p>	<p>12 Taco(s) Beef OR Chicken WG Shell - Soft OR Hard Taco Salad Cup Black Beans Salsa Cup Assorted Fruit WG Sweet Crackers Milk</p>	<p>13 Classic Cheeseburger WG Bun Sandwich Salad Cup Oven Baked French Fries Ketchup/Mayonnaise/Mustard Assorted Fruit Milk</p>	<p>14 Oven Fried Chicken Rice Pilaf Steamed Cabbage Baby Carrots Assorted Fruit WG Roll Milk</p>	<p>15 Chicken and Waffles Tater Tots Tossed Green Salad w/ Ranch Syrup Assorted Fruit Milk</p>	
<p>18 Chicken Nuggets Vegetable Rice Steamed Broccoli Assorted Fruit WG Animal Crackers Orange Sauce Milk</p>	<p>19 Beefy Tortilla Chips Shredded Cheese Cup Steamed Corn Lettuce & Diced Tomato Cup Salsa Cup Assorted Fruit Milk</p>	<p>20 <u>Early Dismissal</u> Salisbury Steak & Gravy Creamy Mashed Potatoes Steamed Vegetable Blend Assorted Fruit WG Roll Milk</p>	<p>21 Creamy Chicken Pasta Alfredo Cucumber and Tomato Salad Seasoned Pinto Beans Assorted Fruit Garlic and Herb Breadstick Milk</p>	<p>22 Crispy Fish Strips WG Macaroni & Cheese Steamed Mixed Vegetables Fresh Baby Carrots Assorted Fruit Cajun Sauce Milk</p>	
<p>25 Chicken & Sausage Jambalaya Seasoned Green Beans Steamed Vegetable Blend Assorted Fruit Cornbread Muffin Milk</p>	<p>26 Turkey Roast with Gravy Steamed Brown Rice Sweet Potatoes Fresh Broccoli Salad Assorted Fruit WG Roll Milk</p>	<p>27 Beefy Chili Shredded Cheese Cup Lettuce and Diced Tomato Cup Corn Chips Assorted Fruit Milk</p>	<p>28 Glazed BBQ Chicken Baked Beans Steamed Mixed Vegetable Assorted Fruit Garlic and Herb Roll Milk</p>	<p>29 Pizza with WG Crust Dark Green Salad w/Fruit & Fruit Vinaigrette Dressing Fresh Baby Carrots Assorted Fruit Milk</p>	

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Monday	Tuesday	Wednesday	Thursday	Friday
2 Pasta with Bolognese Sauce Steamed Broccoli Fire Roasted Corn on the Cob Assorted Fruit Garlic and Herb Roll Milk	3 Taco(s) Beef OR Chicken WG Shell - Soft OR Hard Taco Salad Cup Black Beans Salsa Cup Assorted Fruit WG Sweet Crackers Milk	4 Classic Cheeseburger WG Bun Sandwich Salad Cup Oven Baked French Fries Ketchup/Mayonnaise/Mustard Assorted Fruit Milk	5 Oven Fried Chicken Rice Pilaf Steamed Cabbage Fresh Baby Carrots Assorted Fruit WG Roll Milk	6 Chicken and Waffles Tater Tots Tossed Green Salad w/ Ranch Syrup Assorted Fruit Milk
9 Chicken Nuggets Vegetable Rice Steamed Broccoli Assorted Fruit WG Animal Crackers Orange Sauce Milk	10 Beefy Tortilla Chips Shredded Cheese Cup Steamed Corn Lettuce & Diced Tomato Cup Salsa Cup Assorted Fruit Milk	11 Salisbury Steak & Gravy Creamy Mashed Potatoes Fresh Baby Carrots Assorted Fruit WG Roll Milk	12 Professional Development Parent Conference <u>Students Do Not Attend</u>	13  FALL BREAK
16  FALL BREAK	17 Chicken & Sausage Jambalaya Seasoned Green Beans Steamed Vegetable Blend Assorted Fruit Cornbread Muffin Milk	18 Chili Mac n Cheese Oven Baked Tater Tots Cucumber and Tomato Salad Assorted Fruit Milk	19 Glazed BBQ Chicken Baked Beans Steamed Mixed Vegetable Assorted Fruit Garlic and Herb Roll Milk	20 Pizza with WG Crust Dark Green Salad w/Fruit & Fruit Vinaigrette Dressing Fresh Baby Carrots Assorted Fruit Milk
23 Pasta with Bolognese Sauce Steamed Broccoli Fire Roasted Corn on the Cob Assorted Fruit Garlic and Herb Roll Milk	24 Taco(s) Beef OR Chicken WG Shell - Soft OR Hard Taco Salad Cup Black Beans Salsa Cup Assorted Fruit WG Sweet Crackers Milk	25 Classic Cheeseburger WG Bun Sandwich Salad Cup Oven Baked French Fries Ketchup/Mayonnaise/Mustard Assorted Fruit Milk	26 Oven Fried Chicken Rice Pilaf Steamed Cabbage Fresh Baby Carrots Assorted Fruit WG Roll Milk	27 Chicken and Waffles Tater Tots Tossed Green Salad w/ Ranch Syrup Assorted Fruit Milk
30 Chicken Nuggets Vegetable Rice Steamed Broccoli Assorted Fruit WG Animal Crackers Orange Sauce Milk	31 Beefy Chili Shredded Cheese Cup Whole Baked Potato Corn Chips Lettuce & Diced Tomato Cup Assorted Fruit Milk	Healthy Tip...Did You Know? *** Red and orange colored vegetables are important for healthy vision? The cafeteria serves carrots, sweet potatoes, and tomatoes to promote good eye sight. ***		

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**East Baton Rouge Parish School System Child Nutrition Program
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**2023 - 24
NOVEMBER 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Tip - *** Whole-grain pasta, rice, and breads that are rich in fiber and other nutrients help support healthy digestion. There are many whole grain food items offered for lunch. ***		1 Turkey/ Sausage Gumbo Steamed Brown Rice Mashed Potato Salad Steamed Vegetable Blend Assorted Fruit WG Saltine Crackers OR WG Roll Milk	2 Creamy Chicken Pasta Alfredo Cucumber and Tomato Salad Seasoned Pinto Beans Assorted Fruit Garlic and Herb Breadstick Milk	3 Crispy Fish Strips WG Macaroni & Cheese Steamed Mixed Vegetables Fresh Baby Carrots Assorted Fruit Cajun Sauce Milk
6 Chicken & Sausage Jambalaya Seasoned Green Beans Steamed Vegetable Blend Assorted Fruit Cornbread Muffin Milk	7 Salisbury Steak w/ Gravy Steamed Brown Rice Sweet Potatoes Fresh Broccoli Salad Assorted Fruit WG Roll Milk	8 Chili Mac n Cheese Oven Baked Tater Tots Sliced Cucumbers Assorted Fruit Milk	9 Glazed BBQ Chicken Baked Beans Steamed Mixed Vegetable Assorted Fruit Garlic and Herb Roll Milk	10 Pizza with WG Crust Dark Green Salad w/Fruit & Fruit Vinaigrette Dressing Fresh Baby Carrots Assorted Fruit Milk
13 Chicken and Waffles Tater Tots Steamed Vegetable Blend Syrup Assorted Fruit Milk	14 Taco(s) Beef OR Chicken WG Shell - Soft OR Hard Taco Salad Cup Black Beans Salsa Cup Assorted Fruit WG Sweet Crackers Milk	15 <u>Thanksgiving Dinner</u> Baked Turkey Roast w/ Gravy Cornbread Dressing w/Cranberry Sauce Dark Green Salad with Fruit & Vinaigrette Dressing Sweet Potatoes Assorted Fruit WG Roll Milk	16 Classic Cheeseburger WG Bun Sandwich Salad Cup Oven Baked French Fries Ketchup/Mayonnaise/Mustard Assorted Fruit Milk	17 District Sponsored Professional Development (Students Virtual)
20 Thanksgiving Holiday (No School)	21 Thanksgiving Holiday (No School)	22 Thanksgiving Holiday (No School)	23  Thanksgiving Day	24 Thanksgiving Holiday (No School)
27 Chicken Nuggets Vegetable Rice Steamed Broccoli Assorted Fruit WG Animal Crackers Orange Sauce Milk	28 Beefy Chili Shredded Cheese Cup Whole Baked Potato Corn Chips Lettuce & Diced Tomato Cup Assorted Fruit Milk	29 Turkey/ Sausage Gumbo Steamed Brown Rice Mashed Potato Salad Steamed Vegetable Blend Assorted Fruit WG Saltine Crackers OR WG Roll Milk	30 Creamy Chicken Pasta Alfredo Cucumber and Tomato Salad Seasoned Pinto Beans Assorted Fruit Garlic and Herb Breadstick Milk	

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<p>Healthy Tip -</p> <p align="center">** Choose fruit as a naturally sweet treat. **</p> <p align="center"></p>				<p>1 Crispy Fish Strips WG Macaroni & Cheese Steamed Mixed Vegetables Fresh Baby Carrots Assorted Fruit Cajun Sauce Milk</p>
<p>4 Chicken & Sausage Jambalaya Seasoned Green Beans Steamed Vegetable Blend Assorted Fruit Cornbread Muffin Milk</p>	<p>5 Salisbury Steak Brown Gravy Steamed Brown Rice Seasoned Pinto Beans Fresh Broccoli Salad Assorted Fruit WG Roll Milk</p>	<p>6 Chili Mac n Cheese Oven Baked Tater Tots Sliced Cucumbers Assorted Fruit Milk</p>	<p>7 Christmas Dinner Turkey Roast w/ Gravy Rice OR Cornbread Dressing w/Cranberry Sauce Dark Green Salad w/ Fruit & Vinaigrette Dressing Sweet Potatoes Assorted Fruit WG Roll Milk Choice</p>	<p>8 Pizza with WG Crust Steamed Corn Fresh Baby Carrots Assorted Fruit Milk</p>
<p>11 Pasta with Bolognese Sauce Steamed Broccoli Fire Roasted Corn on the Cob Assorted Fruit Garlic and Herb Roll Milk</p>	<p>12 Taco(s) Beef OR Chicken WG Shell - Soft OR Hard Taco Salad Cup Black Beans Salsa Cup Assorted Fruit WG Sweet Crackers Milk</p>	<p>13 Classic Cheeseburger WG Bun Sandwich Salad Cup Oven Baked French Fries Ketchup/Mayonnaise/Mustard Assorted Fruit Milk</p>	<p>14 Oven Fried Chicken Rice Pilaf Steamed Cabbage Baby Carrots Assorted Fruit WG Roll Milk</p>	<p>15 Chicken and Waffles Tater Tots Tossed Green Salad w/ Ranch Syrup Assorted Fruit Milk</p>
<p>18</p> <p align="center"></p> <p align="center"><i>Christmas / Winter Break (No School)</i></p>	<p>19</p> <p align="center"></p> <p align="center"><i>Christmas / Winter Break (No School)</i></p>	<p>20</p> <p align="center"></p> <p align="center"><i>Christmas / Winter Break (No School)</i></p>	<p>21</p> <p align="center"></p> <p align="center"><i>Christmas / Winter Break (No School)</i></p>	<p>22</p> <p align="center"></p> <p align="center"><i>Christmas / Winter Break (No School)</i></p>
<p>25</p> <p align="center"></p> <p align="center"><i>Christmas / Winter Break (No School)</i></p>	<p>26</p> <p align="center"></p> <p align="center"><i>Christmas / Winter Break (No School)</i></p>	<p>27</p> <p align="center"></p> <p align="center"><i>Christmas / Winter Break (No School)</i></p>	<p>28</p> <p align="center"></p> <p align="center"><i>Christmas / Winter Break (No School)</i></p>	<p>29</p> <p align="center"></p> <p align="center"><i>Christmas / Winter Break (No School)</i></p>

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