

Monday	Tuesday	Wednesday	Thursday	Friday
<p>— WELCOME — <b>BACK TO SCHOOL</b></p>				
7	8	9 <b>First Day for Students</b> Chicken Nuggets Vegetable Rice Steamed Broccoli Cucumber and Tomato Salad Assorted Fruit WG Animal Crackers Orange Sauce Milk	10 Beefy Tortilla Chips Cheese Sauce Lettuce & Diced Tomato Cup Black Beans Guacamole Salsa Cup Assorted Fruit Milk	11 Crispy Fish and Cheese Sandwich Sweet Potatoes Fries Sandwich Salad Cup Assorted Fruit Tartar Sauce Milk
14 Cajun Cheesesteak WG Bun White Nacho Chips Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk	15 Fajitas Beef OR Chicken WG Soft Shell Taco Salad Cup Sautéed Onion and Peppers Diced Avocado Salsa Cup Assorted Fruit Milk	16 Spicy Chicken Patty WG Bun Oven Baked French Fries Sandwich Salad Cup Assorted Fruit Mayonnaise/Mustard/Ketchup Milk	17 Oven Fried Chicken WG Waffles Tater Tots Fresh Baby Carrots WG Animal Crackers Syrup Assorted Fruit Milk	18 Chicken Strips Rice Pilaf Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit WG Roll Milk
21 Chicken Scampi WG Pasta Steamed Broccoli Bean and Corn Salad Assorted Fruit Garlic and Herb Roll Milk	22 Chili Mac n Cheese Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit WG Animal Cracker Milk	23 Baked Turkey Roast w/ Gravy Steamed Brown Rice Whole Baked Sweet Potato Seasoned Lima Beans Assorted Fruit Cornbread Muffin Milk	24 Glazed BBQ Chicken Oven Baked Tater Tots Creamy Coleslaw Assorted Fruit WG Sweet Crackers WG Roll Milk	25 Pizza with WG Crust Baby Carrots Dark Green Salad w/ Dressing Assorted Fruit Milk
28 Creamy Chicken Pasta Alfredo Seasoned Green Beans Sweet Potato Assorted Fruit Garlic and Herb Roll Milk	29 Beefy Tortilla Chips Cheese Sauce Lettuce & Diced Tomato Cup Black Beans Guacamole Salsa Cup Assorted Fruit Milk	30 Chicken Nuggets Vegetable Rice Steamed Broccoli Fresh Sliced Cucumbers Assorted Fruit WG Animal Crackers Orange Sauce Milk	31 Jerk Chicken Jollof Rice Roasted Plantains Seasoned Turnip Greens Assorted Fruit Milk	

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  
MIDDLE & HIGH SCHOOLS CHOICE MENUS**

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">— WELCOME — <b>BACK TO SCHOOL</b></p>				
7	8	9 <b>First Day for Students</b> Fresh Fruit Yogurt Parfait Whole Grain Granola - HS Only Whole Grain Cereal Bowl- MS & HS Steamed Broccoli Cucumber and Tomato Salad Assorted Fruit Milk	10 Salad w/Mandarin Oranges & Grilled Chicken Patty Fruit Vinaigrette Dressing Whole Grain Saltine Crackers Whole Grain Snack Mix Black Beans Guacamole Salsa Cup Assorted Fruit Milk	11 Classic Hamburger w/Cheese Whole Grain Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fries Assorted Fruit Milk
14 Pizza with WG Crust Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk	15 Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Taco Salad Cup Sautéed Onion and Peppers Diced Avocado Salsa Cup Assorted Fruit Milk	16 Fresh Fruit Yogurt Parfait Whole Grain Granola - HS Only Whole Grain Cereal Bowl- MS & HS Oven Baked French Fries Sandwich Salad Cup Assorted Fruit Milk	17 Salad w/Grilled Chicken Patty Salad Dressing Whole Grain Cheese Crackers Whole Grain Graham Squares Tater Tots Fresh Baby Carrots Assorted Fruit Milk	18 Classic Hamburger w/Cheese Whole Grain Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit Milk
21 Pizza with WG Crust Steamed Broccoli Bean and Corn Salad Assorted Fresh Fruit Milk	22 Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fresh Fruit Milk	23 Fresh Fruit Yogurt Parfait Whole Grain Granola - MS & HS Whole Grain Cereal Bowl- HS Only Whole Baked Sweet Potato Seasoned Lima Beans Assorted Fresh Fruit Milk	24 Salad w/Diced Ham Salad Dressing Whole Wheat Crackers WG Cinnamon Graham Crackers Oven Baked Tater Tots Creamy Coleslaw Assorted Fresh Fruit Milk	25 Classic Hamburger w/Cheese Whole Grain Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Baby Carrots Dark Green Salad w/ Dressing Assorted Fresh Fruit Milk
28 Pizza with WG Crust Seasoned Green Beans Sweet Potato Assorted Fruit Milk	29 Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Lettuce & Diced Tomato Cup Black Beans Guacamole Salsa Cup Assorted Fruit Milk	30 Fresh Fruit Yogurt Parfait Whole Grain Granola - HS Only Whole Grain Cereal Bowl- MS & HS Steamed Broccoli Fresh Sliced Cucumbers Assorted Fruit Milk	31 Salad w/ Mandarin Oranges & Grilled Chicken Patty Fruit Vinaigrette Dressing Whole Grain Saltine Crackers Whole Grain Snack Mix Roasted Plantains Seasoned Turnip Greens Assorted Fruit Milk	

**Meal Component Key: WG: Whole Grain**



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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Healthy Tip...</b></p> <p><b>** Drink-up ...Water is a great calorie free beverage needed to keep all cells healthy. **</b></p>				<p>1 Crispy Fish and Cheese Sandwich Sweet Potatoes Fries Sandwich Salad Cup Assorted Fruit Tartar Sauce Milk</p>
<p>4</p> 	<p>5 Cajun Cheesesteak WG Bun White Nacho Chips Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk</p>	<p>6 Spicy Chicken Patty WG Bun Oven Baked French Fries Sandwich Salad Cup Assorted Fruit Mayonnaise/Mustard/Ketchup Milk</p>	<p>7 Oven Fried Chicken WG Waffles Tater Tots Fresh Baby Carrots WG Animal Crackers Syrup Assorted Fruit Milk</p>	<p>8 Chicken Strips Rice Pilaf Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit WG Roll Milk</p>
<p>11 Chicken Scampi WG Pasta Steamed Broccoli Bean and Corn Salad Assorted Fruit Garlic and Herb Roll Milk</p>	<p>12 Chili Mac n Cheese Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit WG Animal Cracker Milk</p>	<p>13 Baked Turkey Roast w/ Gravy Steamed Brown Rice Whole Baked Sweet Potato Seasoned Lima Beans Assorted Fruit Cornbread Muffin Milk</p>	<p>14 Glazed BBQ Chicken Oven Baked Tater Tots Creamy Coleslaw Assorted Fruit WG Sweet Crackers WG Roll Milk</p>	<p>15 Pizza with WG Crust Baby Carrots Dark Green Salad w/ Dressing Assorted Fruit Milk</p>
<p>18 Creamy Chicken Pasta Alfredo Seasoned Green Beans Sweet Potato Assorted Fruit Garlic and Herb Roll Milk</p>	<p>19 Fiesta Chicken Strips Fiesta Rice Tortilla Chips Taco Salad Cup Black Beans Guacamole Salsa Cup Assorted Fruit Milk</p>	<p>20 <u>Early Dismissal</u> Chicken Nuggets Vegetable Rice Steamed Broccoli Fresh Sliced Cucumbers Assorted Fruit WG Animal Crackers Orange Sauce Milk</p>	<p>21 Jerk Chicken Jollof Rice Roasted Plantains Seasoned Turnip Greens Assorted Fruit Milk</p>	<p>22 Crispy Fish and Cheese Sandwich Sweet Potatoes Fries Sandwich Salad Cup Assorted Fruit Tartar Sauce Milk</p>
<p>25 Cajun Cheesesteak WG Bun White Nacho Chips Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk</p>	<p>26 Fajitas Beef OR Chicken WG Soft Shell Taco Salad Cup Sautéed Onion and Peppers Diced Avocado Salsa Cup Assorted Fruit Milk</p>	<p>27 Spicy Chicken Patty WG Bun Oven Baked French Fries Sandwich Salad Cup Assorted Fruit Mayonnaise/Mustard/Ketchup Milk</p>	<p>28 Oven Fried Chicken WG Waffles Tater Tots Fresh Baby Carrots WG Animal Crackers Syrup Assorted Fruit Milk</p>	<p>29 Chicken Strips Rice Pilaf Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit WG Roll Milk</p>

Meal Component Key: WG: Whole Grain

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

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**East Baton Rouge Parish School System Child Nutrition Program  
MIDDLE & HIGH SCHOOLS CHOICE MENUS**

**2023 - 24  
SEPTEMBER 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Healthy Tip...</b> ** Drink-up ...Water is a great calorie free beverage needed to keep all cells healthy. **</p>				<p><b>1</b> Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fries Assorted Fruit Milk</p>
<p><b>4</b></p> 	<p><b>5</b> Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk</p>	<p><b>6</b> Fresh Fruit Yogurt Parfait Whole Grain Granola - HS Only Whole Grain Cereal Bowl- MS &amp; HS Oven Baked French Fries Sandwich Salad Cup Assorted Fruit Milk</p>	<p><b>7</b> Salad w/Grilled Chicken Patty Salad Dressing Whole Grain Cheese Crackers Whole Grain Graham Squares Tater Tots Fresh Baby Carrots Assorted Fruit Milk</p>	<p><b>8</b> Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit Milk</p>
<p><b>11</b> Pizza with WG Crust Steamed Broccoli Bean and Corn Salad Assorted Fruit Milk</p>	<p><b>12</b> Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit Milk</p>	<p><b>13</b> Fresh Fruit Yogurt Parfait Whole Grain Granola - MS &amp; HS Whole Grain Cereal Bowl- HS Only Whole Baked Sweet Potato Seasoned Lima Beans Assorted Fruit Milk</p>	<p><b>14</b> Salad w/Diced Ham Salad Dressing Whole Wheat Crackers WG Cinnamon Graham Crackers Oven Baked Tater Tots Creamy Coleslaw Assorted Fruit Milk</p>	<p><b>15</b> Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Baby Carrots Dark Green Salad w/Dressing Assorted Fruit Milk</p>
<p><b>18</b> Pizza with WG Crust Seasoned Green Beans Sweet Potato Assorted Fruit Milk</p>	<p><b>19</b> Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Taco Salad Cup Black Beans Guacamole Salsa Cup Assorted Fruit Milk</p>	<p><b>20</b> <u><b>Early Dismissal</b></u> Fresh Fruit Yogurt Parfait Whole Grain Granola - HS Only Whole Grain Cereal Bowl- MS &amp; HS Steamed Broccoli Fresh Sliced Cucumbers Assorted Fruit Milk</p>	<p><b>21</b> Salad w/Mandarin Oranges &amp; Grilled Chicken Patty and Dressing Whole Grain Saltine Crackers Whole Grain Snack Mix Roasted Plantains Seasoned Turnip Greens Assorted Fruit Milk</p>	<p><b>22</b> Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fries Assorted Fruit Milk</p>
<p><b>25</b> Pizza with WG Crust Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk</p>	<p><b>26</b> Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Taco Salad Cup Sautéed Onion and Peppers Diced Avocado Salsa Cup Assorted Fruit Milk</p>	<p><b>27</b> Fresh Fruit Yogurt Parfait Whole Grain Granola - HS Only Whole Grain Cereal Bowl- MS &amp; HS Oven Baked French Fries Sandwich Salad Cup Assorted Fruit Milk</p>	<p><b>28</b> Salad w/Grilled Chicken Patty Salad Dressing Whole Grain Cheese Crackers Whole Grain Graham Squares Tater Tots Fresh Baby Carrots Assorted Fruit Milk</p>	<p><b>29</b> Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit Milk</p>

**Meal Component Key: WG: Whole Grain**




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Monday	Tuesday	Wednesday	Thursday	Friday	
<b>2</b> Chicken Scampi WG Pasta Steamed Broccoli Bean and Corn Salad Assorted Fruit Garlic and Herb Roll Milk	<b>3</b> Chili Corn Chips Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit WG Animal Cracker Milk	<b>4</b> Baked Turkey Roast w/ Gravy Steamed Brown Rice Whole Baked Sweet Potato Seasoned Lima Beans Assorted Fruit Cornbread Muffin Milk	<b>5</b> Glazed BBQ Chicken Oven Baked Tater Tots Creamy Coleslaw Assorted Fruit WG Sweet Crackers WG Roll Milk	<b>6</b> Pizza with WG Crust Baby Carrots Dark Green Salad w/ Dressing Assorted Fruit Milk	
<b>9</b> Creamy Chicken Pasta Alfredo Seasoned Green Beans Sweet Potato Assorted Fruit Garlic and Herb Roll Milk	<b>10</b> Beefy Tacos Fiesta Rice Taco Salad Cup Black Beans Guacamole Salsa Cup Assorted Fruit Milk	<b>11</b> Chicken Nuggets Vegetable Rice Steamed Broccoli Cucumber and Tomato Salad Assorted Fruit WG Animal Crackers Orange Sauce Milk	<b>12</b> Professional Development Parent Conference  <b><u>Students Do Not Attend</u></b>	<b>13</b>  <b>FALL BREAK</b>	
<b>16</b>  <b>FALL BREAK</b>	<b>17</b> Cajun Cheesesteak WG Bun White Nacho Chips Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk	<b>18</b> Spicy Chicken Patty Mozzarella Cheese Cup Marinara Sauce w/WG Spaghetti Steamed Mixed Vegetables Dark Green Salad w/ Dressing Assorted Fruit Milk	<b>19</b> Oven Fried Chicken WG Waffles Tater Tots Fresh Baby Carrots WG Animal Crackers Syrup Assorted Fruit Milk	<b>20</b> Chicken Strips Rice Pilaf Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit WG Roll Milk	
<b>23</b> Chicken Scampi WG Pasta Steamed Broccoli Bean and Corn Salad Assorted Fruit Garlic and Herb Roll Milk	<b>24</b> Chili Mac n Cheese Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit WG Animal Cracker Milk	<b>25</b> Turkey/Sausage Gumbo Steamed Brown Rice Whole Baked Sweet Potato Seasoned Lima Beans Assorted Fruit Saltine Crackers Milk	<b>26</b> Glazed BBQ Chicken Oven Baked Tater Tots Creamy Coleslaw Assorted Fruit WG Sweet Crackers WG Roll Milk	<b>27</b> Pizza with WG Crust Baby Carrots Dark Green Salad w/ Dressing Assorted Fruit Milk	
<b>30</b> Creamy Chicken Pasta Alfredo Seasoned Green Beans Sweet Potato Assorted Fruit Garlic and Herb Roll Milk	<b>31</b> Beefy Tortilla Chips Cheese Sauce Lettuce & Diced Tomato Cup Black Beans Guacamole Salsa Cup Assorted Fruit Milk	<b>Healthy Tip...Did You Know?</b>  <b>*** Red and orange colored vegetables are important for healthy vision? The cafeteria serves carrots, sweet potatoes, and tomatoes to promote good eye sight. ***</b>			

**Meal Component Key: WG: Whole Grain**

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**East Baton Rouge Parish School System Child Nutrition Program  
MIDDLE & HIGH SCHOOLS CHOICE MENUS**

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>2</b> Pizza with WG Crust Steamed Broccoli Bean and Corn Salad Assorted Fruit Milk	<b>3</b> Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit Milk	<b>4</b> Fresh Fruit Yogurt Parfait Whole Grain Granola - MS & HS Whole Grain Cereal Bowl- HS Only Whole Baked Sweet Potato Seasoned Lima Beans Assorted Fruit Milk	<b>5</b> Salad w/Diced Ham Salad Dressing Whole Wheat Crackers WG Cinnamon Graham Crackers Oven Baked Tater Tots Creamy Coleslaw Assorted Fruit Milk	<b>6</b> Classic Hamburger w/Cheese on WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Baby Carrots Dark Green Salad w/Dressing Assorted Fruit Milk	
<b>9</b> Pizza with WG Crust Seasoned Green Beans Sweet Potato Assorted Fruit Milk	<b>10</b> Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Taco Salad Cup Black Beans Guacamole / Salsa Cup Assorted Fruit Milk	<b>11</b> Fresh Fruit Yogurt Parfait Whole Grain Granola - HS Only Whole Grain Cereal Bowl- MS & HS Steamed Broccoli Cucumber and Tomato Salad Assorted Fruit Milk	<b>12</b>  Professional Development Parent Conference  <u><b>Students Do Not Attend</b></u>	 <b>FALL BREAK</b>	
 <b>FALL BREAK</b>	<b>17</b> Pizza with WG Crust Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk	<b>18</b> Fresh Fruit Yogurt Parfait Whole Grain Granola - HS Only Whole Grain Cereal Bowl- MS & HS Steamed Mixed Vegetables Dark Green Salad w/ Dressing Assorted Fruit Milk	<b>19</b> Salad w/Grilled Chicken Patty Salad Dressing Whole Grain Cheese Crackers Whole Grain Graham Squares Tater Tots Fresh Baby Carrots Assorted Fruit Milk	<b>20</b> Classic Hamburger w/Cheese on WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit Milk	
<b>23</b> Pizza with WG Crust Steamed Broccoli Bean and Corn Salad Assorted Fruit Milk	<b>24</b> Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit Milk	<b>25</b> Fresh Fruit Yogurt Parfait Whole Grain Granola - MS & HS Whole Grain Cereal Bowl- HS Only Whole Baked Sweet Potato Seasoned Lima Beans Assorted Fruit Milk	<b>26</b> Salad w/Diced Ham Salad Dressing Whole Wheat Crackers WG Cinnamon Graham Crackers Oven Baked Tater Tots Creamy Coleslaw Assorted Fruit Milk	<b>27</b> Classic Hamburger w/Cheese on WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Baby Carrots Dark Green Salad w/Dressing Assorted Fruit Milk	
<b>30</b> Pizza with WG Crust Seasoned Green Beans Sweet Potato Assorted Fruit Milk	<b>31</b> Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Lettuce & Diced Tomato Cup Black Beans Guacamole / Salsa Cup Assorted Fruit Milk	<b>Healthy Tip...Did You Know?</b>  <b>*** Red and orange colored vegetables are important for healthy vision? The cafeteria serves carrots, sweet potatoes, and tomatoes to promote good eye sight. ***</b>			

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**East Baton Rouge Parish School System Child Nutrition Program  
MIDDLE & HIGH SCHOOLS LUNCH MENU (CHOICE MENUS ON THE BACK)**

**2023 - 24  
NOVEMBER 2023**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Healthy Tip -</b></p> <p>*** 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. ***</p>		<p><b>1</b> Chicken Nuggets Vegetable Rice Steamed Broccoli Fresh Sliced Cucumbers Assorted Fruit WG Animal Crackers Orange Sauce Milk</p>	<p><b>2</b> Jerk Chicken Jollof Rice Roasted Plantains Seasoned Turnip Greens Assorted Fruit Milk</p>	<p><b>3</b> Crispy Fish and Cheese Sandwich Sweet Potatoes Fries Sandwich Salad Cup Assorted Fruit Tartar Sauce Milk</p>
<p><b>6</b> Cajun Cheesesteak WG Bun White Nacho Chips Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk</p>	<p><b>7</b> Fajitas Beef OR Chicken WG Soft Shell Taco Salad Cup Sautéed Onion and Peppers Diced Avocado Salsa Cup Assorted Fruit Milk</p>	<p><b>8</b> Spicy Chicken Patty WG Bun Oven Baked French Fries Sandwich Salad Cup Assorted Fruit Mayonnaise/Mustard/Ketchup Milk</p>	<p><b>9</b> Oven Fried Chicken WG Waffles Tater Tots Fresh Baby Carrots WG Animal Crackers Syrup Assorted Fruit Milk</p>	<p><b>10</b> Chicken Strips Rice Pilaf Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit WG Roll Milk</p>
<p><b>13</b> Chicken Scampi WG Pasta Steamed Broccoli Bean and Corn Salad Assorted Fruit Garlic and Herb Roll Milk</p>	<p><b>14</b> Chili Mac n Cheese Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit WG Animal Cracker Milk</p>	<p><b>15</b> <u><b>Thanksgiving Dinner</b></u> Baked Turkey Roast w/ Gravy Cornbread Dressing w/Cranberry Sauce Dark Green Salad with Fruit &amp; Vinaigrette Dressing Sweet Potatoes Assorted Fruit WG Roll Milk</p>	<p><b>16</b> Crispy Fish and Cheese Sandwich Oven Baked French Fries Sandwich Salad Cup Assorted Fruit Tartar Sauce Milk</p>	<p><b>17</b> District Sponsored Professional Development  <b>(Students Virtual)</b></p>
<p><b>20</b></p> <p align="center"><b>Thanksgiving Holiday (No School)</b></p>	<p><b>21</b></p> <p align="center"><b>Thanksgiving Holiday (No School)</b></p>	<p><b>22</b></p> <p align="center"><b>Thanksgiving Holiday (No School)</b></p>	<p><b>23</b></p> <p align="center"> <b>Thanksgiving Day</b></p>	<p><b>24</b></p> <p align="center"><b>Thanksgiving Holiday (No School)</b></p>
<p><b>27</b> Creamy Chicken Pasta Alfredo Seasoned Green Beans Sweet Potato Assorted Fruit Garlic and Herb Roll Milk</p>	<p><b>28</b> Beefy Chili w/ Corn Chips Shredded Cheese Cup Whole Baked Potato Lettuce &amp; Diced Tomato Cup Black Beans Diced Avocado Sour Cream Assorted Fruit Milk</p>	<p><b>29</b> Chicken Nuggets Vegetable Rice Steamed Broccoli Fresh Sliced Cucumbers Assorted Fruit WG Animal Crackers Orange Sauce Milk</p>	<p><b>30</b> Jerk Chicken Jollof Rice Roasted Plantains Seasoned Turnip Greens Assorted Fruit Milk</p>	<p align="center"></p>

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MIDDLE & HIGH SCHOOLS CHOICE MENUS**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Healthy Tip -</b></p> <p><b>*** 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. ***</b></p>		<p><b>1</b> Fresh Fruit Yogurt Parfait Whole Grain Granola - HS Only Whole Grain Cereal Bowl- MS &amp; HS Steamed Broccoli Fresh Sliced Cucumbers Assorted Fruit Milk</p>	<p><b>2</b> Salad w/Mandarin Oranges &amp; Grilled Chicken Patty and Dressing Whole Grain Saltine Crackers Whole Grain Snack Mix Roasted Plantains Seasoned Turnip Greens Assorted Fruit Milk</p>	<p><b>3</b> Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fries Assorted Fruit Milk</p>
<p><b>6</b> Pizza with WG Crust Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk</p>	<p><b>7</b> Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Taco Salad Cup Sautéed Onion and Peppers Diced Avocado Salsa Cup Assorted Fruit Milk</p>	<p><b>8</b> Fresh Fruit Yogurt Parfait Whole Grain Granola - HS Only Whole Grain Cereal Bowl- MS &amp; HS Oven Baked French Fries Sandwich Salad Cup Assorted Fruit Milk</p>	<p><b>9</b> Salad w/Grilled Chicken Patty Salad Dressing Whole Grain Cheese Crackers Whole Grain Graham Squares Tater Tots Fresh Baby Carrots Assorted Fruit Milk</p>	<p><b>10</b> Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit Milk</p>
<p><b>13</b> Pizza with WG Crust Steamed Broccoli Bean and Corn Salad Assorted Fruit Milk</p>	<p><b>14</b> Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit Milk</p>	<p><b>15</b> <u><b>Thanksgiving Dinner</b></u> Fresh Fruit Yogurt Parfait Whole Grain Granola - MS &amp; HS Whole Grain Cereal Bowl- HS Only Dark Green Salad with Fruit &amp; Vinaigrette Dressing Sweet Potatoes Assorted Fruit Milk</p>	<p><b>16</b> Salad w/Diced Ham Salad Dressing Whole Wheat Crackers WG Cinnamon Graham Crackers Oven Baked French Fries Assorted Fruit Milk</p>	<p><b>17</b></p> <p align="center">District Sponsored Professional Development</p> <p align="center"><b>(Students Virtual)</b></p>
<p><b>20</b></p> <p><b>Thanksgiving Holiday (No School)</b></p>	<p><b>21</b></p> <p><b>Thanksgiving Holiday (No School)</b></p>	<p><b>22</b></p> <p><b>Thanksgiving Holiday (No School)</b></p>	<p><b>23</b></p>  <p><b>Thanksgiving Day</b></p>	<p><b>24</b></p> <p><b>Thanksgiving Holiday (No School)</b></p>
<p><b>27</b> Pizza with WG Crust Seasoned Green Beans Sweet Potato Assorted Fruit Milk</p>	<p><b>28</b> Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Whole Baked Potato Lettuce &amp; Diced Tomato Cup Black Beans Diced Avocado Assorted Fruit Milk</p>	<p><b>29</b> Fresh Fruit Yogurt Parfait Whole Grain Granola - HS Only Whole Grain Cereal Bowl- MS &amp; HS Steamed Broccoli Fresh Sliced Cucumbers Assorted Fruit Milk</p>	<p><b>30</b> Salad w/Mandarin Oranges &amp; Grilled Chicken Patty and Dressing Whole Grain Saltine Crackers Whole Grain Snack Mix Roasted Plantains Seasoned Turnip Greens Assorted Fruit Milk</p>	

**Meal Component Key: WG: Whole Grain**

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

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Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Healthy Tip -</b>  <b>** Choose fruit as a naturally sweet treat. **</b>  </p>				<p><b>1</b> Crispy Fish and Cheese Sandwich                  Sweet Potatoes Fries                  Sandwich Salad Cup                  Assorted Fruit                  Tartar Sauce                  Milk</p>
<p><b>4</b> Cajun Cheesesteak                  WG Bun                  White Nacho Chips                  Seasoned Green Beans                  Fire Roasted Corn on the Cob                  Assorted Fruit                  Milk</p>	<p><b>5</b> Fajitas Beef OR Chicken                  WG Soft Shell                  Taco Salad Cup                  Sautéed Onion and Peppers                  Diced Avocado                  Salsa Cup                  Assorted Fruit                  Milk</p>	<p><b>6</b> Spicy Chicken Patty                  WG Bun                  Oven Baked French Fries                  Sandwich Salad Cup                  Assorted Fruit                  Mayonnaise/Mustard/Ketchup                  Milk</p>	<p><b>7</b> <b>Christmas Dinner</b>                  Baked Turkey Roast with Gravy                  Rice <b>OR</b> Cornbread Dressing                  w/Cranberry Sauce                  Dark Green Salad w/Fruit &amp; Dressing                  Sweet Potatoes                  Assorted Fruit                  Whole Grain Breadstick                  Milk</p>	<p><b>8</b> Chicken Strips                  Rice Pilaf                  Fresh Baby Carrots                  Fresh Broccoli Salad                  Seasoned Pinto Beans                  Assorted Fruit                  WG Roll                  Milk</p>
<p><b>11</b> Chicken Scampi                  WG Pasta                  Steamed Broccoli                  Bean and Corn Salad                  Assorted Fruit                  Garlic and Herb Roll                  Milk</p>	<p><b>12</b> Chili Mac n Cheese                  Cucumber and Tomato Salad                  Steamed Mixed Vegetables                  Assorted Fruit                  WG Animal Cracker                  Milk</p>	<p><b>13</b> Turkey/Sausage Gumbo                  Steamed Brown Rice                  Whole Baked Sweet Potato                  Seasoned Lima Beans                  Assorted Fruit                  Saltine Crackers                  Milk</p>	<p><b>14</b> Glazed BBQ Chicken                  Oven Baked Tater Tots                  Creamy Coleslaw                  Assorted Fruit                  WG Sweet Crackers                  WG Roll                  Milk</p>	<p><b>15</b> Pizza with WG Crust                  Baby Carrots                  Dark Green Salad w/ Dressing                  Assorted Fruit                  Milk</p>
<p><b>18</b>    <i>Christmas / Winter Break                  (No School)</i></p>	<p><b>19</b>    <i>Christmas / Winter Break                  (No School)</i></p>	<p><b>20</b>    <i>Christmas / Winter Break                  (No School)</i></p>	<p><b>21</b>    <i>Christmas / Winter Break                  (No School)</i></p>	<p><b>22</b>    <i>Christmas / Winter Break                  (No School)</i></p>
<p><b>25</b>    <i>Christmas / Winter Break                  (No School)</i></p>	<p><b>26</b>    <i>Christmas / Winter Break                  (No School)</i></p>	<p><b>27</b>    <i>Christmas / Winter Break                  (No School)</i></p>	<p><b>28</b>    <i>Christmas / Winter Break                  (No School)</i></p>	<p><b>29</b>    <i>Christmas / Winter Break                  (No School)</i></p>

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**East Baton Rouge Parish School System Child Nutrition Program  
MIDDLE & HIGH SCHOOLS CHOICE MENUS**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Healthy Tip -</b> ** Choose fruit as a naturally sweet treat. **</p> 				<p><b>1</b> Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fries Assorted Fresh Fruit Milk</p>
<p><b>4</b> Pizza with WG Crust Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk</p>	<p><b>5</b> Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Taco Salad Cup Sautéed Onion and Peppers Diced Avocado Salsa Cup Assorted Fruit Milk</p>	<p><b>6</b> Fresh Fruit Yogurt Parfait Whole Grain Granola - HS Only Whole Grain Cereal Bowl- MS &amp; HS Oven Baked French Fries Sandwich Salad Cup Assorted Fruit Milk</p>	<p><b>7</b> <u><b>Christmas Dinner</b></u> Salad w/Grilled Chicken Patty Salad Dressing Whole Grain Cheese Crackers Whole Grain Graham Squares Dark Green Salad w/Fruit &amp; Dressing Sweet Potatoes Assorted Fruit Milk</p>	<p><b>8</b> Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Fresh Baby Carrots Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit Milk</p>
<p><b>11</b> Pizza with WG Crust Steamed Broccoli Bean and Corn Salad Assorted Fruit Milk</p>	<p><b>12</b> Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit Milk</p>	<p><b>13</b> Fresh Fruit Yogurt Parfait Whole Grain Granola - MS &amp; HS Whole Grain Cereal Bowl- HS Only Whole Baked Sweet Potato Seasoned Lima Beans Assorted Fruit Milk</p>	<p><b>14</b> Salad w/Diced Ham Salad Dressing Whole Wheat Crackers WG Cinnamon Graham Crackers Oven Baked Tater Tots Creamy Coleslaw Assorted Fruit Milk</p>	<p><b>15</b> Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Baby Carrots Dark Green Salad w/Dressing Assorted Fruit Milk</p>
<p><b>18</b></p>  <p><i>Christmas / Winter Break (No School)</i></p>	<p><b>19</b></p>  <p><i>Christmas / Winter Break (No School)</i></p>	<p><b>20</b></p>  <p><i>Christmas / Winter Break (No School)</i></p>	<p><b>21</b></p>  <p><i>Christmas / Winter Break (No School)</i></p>	<p><b>22</b></p>  <p><i>Christmas / Winter Break (No School)</i></p>
<p><b>25</b></p>  <p><i>Christmas / Winter Break (No School)</i></p>	<p><b>26</b></p>  <p><i>Christmas / Winter Break (No School)</i></p>	<p><b>27</b></p>  <p><i>Christmas / Winter Break (No School)</i></p>	<p><b>28</b></p>  <p><i>Christmas / Winter Break (No School)</i></p>	<p><b>29</b></p>  <p><i>Christmas / Winter Break (No School)</i></p>

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