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

2023 - 24 **AUGUST 2023**

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

Meal Component Key: WG: Whole Grain

Notification Statement: Peanuts and Peanut Butter are not purchased for meals produced by the EBRPSS - CNP; However, some products served may contain nuts and some products are produced in plants that use nuts and may contain traces of nuts.

^{*} 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.

Mor	nday	Tuesday	Wednesday	Thursday	Friday	
	BACK TO SCHOOL					
7		8	9 First Day for Students 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	
Fire Roasted C Assorte	WG Crust Green Beans Forn on the Cob ed Fruit Iilk	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	
Steamed Bean and Assorted I	n WG Crust l Broccoli Corn Salad Fresh Fruit iilk	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	
Seasoned Sweet Assorte	h WG Crust Green Beans Potato ed Fruit lilk	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		

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East Baton Rouge Parish School System Child Nutrition Program

MIDDLE & HIGH SCHOOLS LUNCH MENU (CHOICE MENUS ON THE BACK)

SEPTEMBER 2023

2023 - 24

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

Meal Component Key: WG: Whole Grain

Notification Statement: Peanuts and Peanut Butter are not purchased for meals produced by the EBRPSS - CNP; However, some products served may contain nuts and some products are produced in plants that use nuts and may contain traces of nuts.

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GRADES 0-12	IVIIL	JEI TEMBER 2025		
Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Tip ** Drink-upWater is a great calorie free beverage needed to keep all cells healthy. **				1 Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fries Assorted Fruit Milk
LABOR DAY	5 Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk	6 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	7 Salad w/Grilled Chicken Patty Salad Dressing Whole Grain Cheese Crackers Whole Grain Graham Squares Tater Tots Fresh Baby Carrots Assorted Fruit Milk	8 Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit Milk
912 Pizza with WG Crust Steamed Broccoli Bean and Corn Salad Assorted Fruit Milk	12 Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit Milk	13 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	14 Salad w/Diced Ham Salad Dressing Whole Wheat Crackers WG Cinnamon Graham Crackers Oven Baked Tater Tots Creamy Coleslaw Assorted Fruit Milk	15 Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Baby Carrots Dark Green Salad w/Dressing Assorted Fruit Milk
Pizza with WG Crust Seasoned Green Beans Sweet Potato Assorted Fruit Milk	19 Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Taco Salad Cup Black Beans Guacamole Salsa Cup Assorted Fruit Milk	20 <u>Early Dismissal</u> Fresh Fruit Yogurt Parfait Whole Grain Granola - HS Only Whole Grain Cereal Bowl- MS & HS Steamed Broccoli Fresh Sliced Cucumbers Assorted Fruit Milk	21 Salad w/Mandarin Oranges & Grilled Chicken Patty and Dressing Whole Grain Saltine Crackers Whole Grain Snack Mix Roasted Plantains Seasoned Turnip Greens Assorted Fruit Milk	22 Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fries Assorted Fruit Milk
25 Pizza with WG Crust Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk	26 Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Taco Salad Cup Sautéed Onion and Peppers Diced Avocado Salsa Cup Assorted Fruit Milk	27 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	28 Salad w/Grilled Chicken Patty Salad Dressing Whole Grain Cheese Crackers Whole Grain Graham Squares Tater Tots Fresh Baby Carrots Assorted Fruit Milk	29 Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit Milk
	1	Meal Component Key: WG: Whole Grain		

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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

GR	ADES 6-12 M	IIDDLE & HIGH SCHOO	S LUNCH MENU (CHOICE MENUS ON THE BAC	CK) OCTOBER 2023
	Monday	Tuesday	Wednesday Thursday	Friday
2	Chicken Scampi WG Pasta Steamed Broccoli Bean and Corn Salad Assorted Fruit Garlic and Herb Roll Milk	3 Chili Corn Chips Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit WG Animal Cracker Milk	4 Baked Turkey Roast w/ Gravy Steamed Brown Rice Whole Baked Sweet Potato Seasoned Lima Beans Assorted Fruit Cornbread Muffin Milk 5 Glazed BBQ Chicken Oven Baked Tater Tots Creamy Coleslaw Assorted Fruit WG Sweet Crackers WG Roll Milk	6 Pizza with WG Crust Baby Carrots Dark Green Salad w/ Dressing Assorted Fruit Milk
9	Creamy Chicken Pasta Alfredo Seasoned Green Beans Sweet Potato Assorted Fruit Garlic and Herb Roll Milk	Fiesta Rice Fiesta Rice Taco Salad Cup Black Beans Guacamole Salsa Cup Assorted Fruit Milk	12 Vegetable Rice Steamed Broccoli Cucumber and Tomato Salad Assorted Fruit WG Animal Crackers Orange Sauce Milk 12 Professional Developme Parent Conference Students Do Not Atten	
16	FALL BREAK	17 Cajun Cheesesteak WG Bun White Nacho Chips Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk	Mozzarella Cheese Cup Marinara Sauce w/WG Spaghetti Steamed Mixed Vegetables Dark Green Salad w/ Dressing Assorted Fruit Milk Oven Fried Chicken WG Waffles Tater Tots Fresh Baby Carrots WG Animal Crackers Syrup Assorted Fruit Milk	20 Chicken Strips Rice Pilaf Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit WG Roll Milk
23	Chicken Scampi WG Pasta Steamed Broccoli Bean and Corn Salad Assorted Fruit Garlic and Herb Roll Milk	24 Chili Mac n Cheese Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit WG Animal Cracker Milk	25 Turkey/Sausage Gumbo Steamed Brown Rice Whole Baked Sweet Potato Seasoned Lima Beans Assorted Fruit Saltine Crackers Milk Assorted Fuit MG Roll Milk	27 Pizza with WG Crust Baby Carrots Dark Green Salad w/ Dressing Assorted Fruit Milk
30	Creamy Chicken Pasta Alfredo Seasoned Green Beans Sweet Potato Assorted Fruit Garlic and Herb Roll Milk	31 Beefy Tortilla Chips Cheese Sauce Lettuce & Diced Tomato Cup Black Beans Guacamole Salsa Cup Assorted Fruit Milk	Healthy TipDid 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 MIDDLE & HIGH SCHOOLS CHOICE MENUS

2023 - 24 OCTOBER 2023

Monday Tuesday Wednesday Thursday **Friday** 2 Pizza with WG Crust 5 Hot Dogs on WG Bun Fresh Fruit Yogurt Parfait Salad w/Diced Ham 6 Classic Hamburger w/Cheese on WG Bun Steamed Broccoli Ketchup/Mavonnaise/Mustard Whole Grain Granola - MS & HS Salad Dressing Ketchup/Mavonnaise/Mustard Sandwich Salad Cup Bean and Corn Salad Cucumber and Tomato Salad Whole Grain Cereal Bowl- HS Only Whole Wheat Crackers Whole Baked Sweet Potato WG Cinnamon Graham Crackers **Baby Carrots** Steamed Mixed Vegetables Assorted Fruit Seasoned Lima Beans Oven Baked Tater Tots Dark Green Salad w/Dressing Milk Assorted Fruit Milk Assorted Fruit Creamy Coleslaw Assorted Fruit Milk Assorted Fruit Milk Milk 12 Pizza with WG Crust Hot Dogs on WG Bun Fresh Fruit Yogurt Parfait 13 Whole Grain Granola - HS Only Seasoned Green Beans Ketchup/Mayonnaise/Mustard Whole Grain Cereal Bowl- MS & HS **Sweet Potato** Taco Salad Cup Professional Development Black Beans Steamed Broccoli Assorted Fruit Parent Conference Milk Guacamole / Salsa Cup Cucumber and Tomato Salad Assorted Fruit Assorted Fruit Students Do Not Attend Milk Milk **FALL BREAK** 16 18 19 Salad w/Grilled Chicken Patty Pizza with WG Crust Fresh Fruit Yogurt Parfait 20 Classic Hamburger w/Cheese on WG Bun Whole Grain Granola - HS Only Ketchup/Mayonnaise/Mustard Seasoned Green Beans Salad Dressing Whole Grain Cereal Bowl- MS & HS Whole Grain Cheese Crackers Sandwich Salad Cup Fire Roasted Corn on the Cob Steamed Mixed Vegetables Whole Grain Graham Squares **Sweet Potatoes** Assorted Fruit Dark Green Salad w/ Dressing **Tater Tots** Fresh Broccoli Salad Milk Assorted Fruit Fresh Baby Carrots Seasoned Pinto Beans Assorted Fruit Milk Assorted Fruit **FALL BREAK** Milk Milk 23 26 27 Classic Hamburger w/Cheese on WG Bun Pizza with WG Crust Hot Dogs on WG Bun Fresh Fruit Yogurt Parfait Salad w/Diced Ham Ketchup/Mayonnaise/Mustard Whole Grain Granola - MS & HS Salad Dressing Ketchup/Mayonnaise/Mustard Steamed Broccoli Whole Grain Cereal Bowl- HS Only Whole Wheat Crackers Sandwich Salad Cup Bean and Corn Salad Cucumber and Tomato Salad Steamed Mixed Vegetables Whole Baked Sweet Potato WG Cinnamon Graham Crackers Baby Carrots Assorted Fruit Oven Baked Tater Tots Milk Assorted Fruit Seasoned Lima Beans Dark Green Salad w/Dressing Creamy Coleslaw Milk Assorted Fruit Assorted Fruit Milk Assorted Fruit Milk Milk 30 Pizza with WG Crust Hot Dogs on WG Bun Healthy Tip...Did You Know? Seasoned Green Beans Ketchup/Mayonnaise/Mustard Lettuce & Diced Tomato Cup Sweet Potato *** Red and orange colored vegetables are important for Black Beans Assorted Fruit Milk Guacamole / Salsa Cup healthy vision? The cafeteria serves carrots, sweet potatoes, Assorted Fruit and tomatoes to promote good eye sight. *** Milk

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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
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 Chicken Nuggets Vegetable Rice Steamed Broccoli Fresh Sliced Cucumbers Assorted Fruit WG Animal Crackers Orange Sauce Milk	2 Jerk Chicken Jollof Rice Roasted Plantains Seasoned Turnip Greens Assorted Fruit Milk	3 Crispy Fish and Cheese Sandwich Sweet Potatoes Fries Sandwich Salad Cup Assorted Fruit Tartar Sauce Milk
6 Cajun Cheesesteak	7 Fajitas Beef OR Chicken WG Soft Shell Taco Salad Cup Sautéed Onion and Peppers Diced Avocado Salsa Cup Assorted Fruit Milk	8 Spicy Chicken Patty WG Bun Oven Baked French Fries Sandwich Salad Cup Assorted Fruit Mayonnaise/Mustard/Ketchup Milk	9 Oven Fried Chicken	10 Chicken Strips Rice Pilaf Sweet Potatoes Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit WG Roll Milk
13 Chicken Scampi WG Pasta Steamed Broccoli Bean and Corn Salad Assorted Fruit Garlic and Herb Roll Milk	14 Chili Mac n Cheese Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit WG Animal Cracker Milk	15 Thanksgiving Dinner 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 Crispy Fish and Cheese Sandwich Oven Baked French Fries Sandwich Salad Cup Assorted Fruit Tartar Sauce Milk	District Sponsored Professional Development (Students Virtual)
Thanksgiving Holiday (No School)	21 Thanksgiving Holiday (No School)	Thanksgiving Holiday (No School)	23 Thanksgiving Day	Thanksgiving Holiday (No School)
27 Creamy Chicken Pasta Alfredo Seasoned Green Beans Sweet Potato Assorted Fruit Garlic and Herb Roll Milk	28 Beefy Chili w/ Corn Chips Shredded Cheese Cup Whole Baked Potato Lettuce & Diced Tomato Cup Black Beans Diced Avocado Sour Cream Assorted Fruit Milk	29 Chicken Nuggets Vegetable Rice Steamed Broccoli Fresh Sliced Cucumbers Assorted Fruit WG Animal Crackers Orange Sauce Milk	30 Jerk Chicken Jollof Rice Roasted Plantains Seasoned Turnip Greens Assorted Fruit Milk	Nourish to Flourish

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

2023 - 24 NOVEMBER 2023

GRADES 6-12 Monday **Tuesday** Wednesday **Thursday Friday** 1 2 Salad w/Mandarin Oranges 3 Classic Hamburger w/Cheese Fresh Fruit Yogurt Parfait Healthy Tip -Whole Grain Granola - HS Only & Grilled Chicken Patty and Dressing WG Bun Whole Grain Cereal Bowl- MS & HS Whole Grain Saltine Crackers Ketchup/Mayonnaise/Mustard Steamed Broccoli Whole Grain Snack Mix Sandwich Salad Cup *** Whole-grain pasta, rice, and breads that are rich in fiber Fresh Sliced Cucumbers Roasted Plantains Sweet Potatoes Fries and other nutrients help support healthy digestion. There are Seasoned Turnip Greens Assorted Fruit Assorted Fruit many whole grain food items offered for lunch. *** Assorted Fruit Milk Milk Milk Pizza with WG Crust Hot Dogs on WG Bun Fresh Fruit Yogurt Parfait Salad w/Grilled Chicken Patty **10** Classic Hamburger w/Cheese Seasoned Green Beans Ketchup/Mayonnaise/Mustard Whole Grain Granola - HS Only Salad Dressing WG Bun Whole Grain Cereal Bowl- MS & HS Whole Grain Cheese Crackers Ketchup/Mayonnaise/Mustard Fire Roasted Corn on the Cob Taco Salad Cup Sandwich Salad Cup Sautéed Onion and Peppers Oven Baked French Fries Whole Grain Graham Squares Assorted Fruit Sandwich Salad Cup Tater Tots **Sweet Potatoes** Diced Avocado Milk Assorted Fruit Fresh Baby Carrots Fresh Broccoli Salad Salsa Cup Milk Assorted Fruit Seasoned Pinto Beans Assorted Fruit Milk Assorted Fruit Milk Milk 15 Thanksgiving Dinner 16 17 **13** Pizza with WG Crust Salad w/Diced Ham Hot Dogs on WG Bun Fresh Fruit Yogurt Parfait Ketchup/Mavonnaise/Mustard Salad Dressing Steamed Broccoli District Sponsored Bean and Corn Salad Cucumber and Tomato Salad Whole Grain Granola - MS & HS Whole Wheat Crackers Steamed Mixed Vegetables Whole Grain Cereal Bowl- HS Only WG Cinnamon Graham Crackers Professional Development Assorted Fruit Dark Green Salad with Fruit Oven Baked French Fries Milk Assorted Fruit & Vinaigrette Dressing Assorted Fruit Milk (Students Virtual) Sweet Potatoes Milk Assorted Fruit Milk 20 21 22 23 24 Thanksgiving Holiday Thanksgiving Holiday Thanksgiving Holiday Thanksgiving Holiday (No School) (No School) (No School) (No School) Thanksgiving Day 27 Salad w/Mandarin Oranges Pizza with WG Crust Hot Dogs on WG Bun Fresh Fruit Yogurt Parfait Ketchup/Mavonnaise/Mustard Whole Grain Granola - HS Only & Grilled Chicken Patty and Dressing Seasoned Green Beans Whole Baked Potato Whole Grain Cereal Bowl- MS & HS Whole Grain Saltine Crackers Sweet Potato Assorted Fruit Lettuce & Diced Tomato Cup Steamed Broccoli Whole Grain Snack Mix Nourish Flourish Black Beans Fresh Sliced Cucumbers Roasted Plantains Milk Seasoned Turnip Greens Diced Avocado Assorted Fruit Assorted Fruit Assorted Fruit Milk

Meal Component Key: WG: Whole Grain

Milk

Milk

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East Baton Rouge Parish School System Child Nutrition Program

MIDDLE & HIGH SCHOOLS LUNCH MENU (CHOICE MENUS ON THE BACK)

DECEMBER 2023

2023 - 24

Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Tip - ** Choose fruit as a natu			1 Crispy Fish and Cheese Sandwich Sweet Potatoes Fries Sandwich Salad Cup Assorted Fruit Tartar Sauce Milk	
4 Cajun Cheesesteak	5 Fajitas Beef OR Chicken WG Soft Shell Taco Salad Cup Sautéed Onion and Peppers Diced Avocado Salsa Cup Assorted Fruit Milk	6 Spicy Chicken Patty WG Bun Oven Baked French Fries Sandwich Salad Cup Assorted Fruit Mayonnaise/Mustard/Ketchup Milk	7 Christmas Dinner Baked Turkey Roast with Gravy Rice OR Cornbread Dressing w/Cranberry Sauce Dark Green Salad w/Fruit & Dressing Sweet Potatoes Assorted Fruit Whole Grain Breadstick Milk	Rice Pilaf Rice Pilaf Fresh Baby Carrots Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit WG Roll Milk
11 Chicken Scampi WG Pasta Steamed Broccoli Bean and Corn Salad Assorted Fruit Garlic and Herb Roll Milk	12 Chili Mac n Cheese Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit WG Animal Cracker Milk	Turkey/Sausage Gumbo Steamed Brown Rice Whole Baked Sweet Potato Seasoned Lima Beans Assorted Fruit Saltine Crackers Milk	Glazed BBQ Chicken Oven Baked Tater Tots Creamy Coleslaw Assorted Fruit WG Sweet Crackers WG Roll Milk	15 Pizza with WG Crust Baby Carrots Dark Green Salad w/ Dressing Assorted Fruit Milk
Christmas / Winter Break (No School)	Christmas / Winter Break (No School)	Christmas / Winter Break (No School)	Christmas / Winter Break (No School)	Christmas / Winter Break (No School)
Christmas / Winter Break (No School)	Christmas / Winter Break (No School)	Christmas / Winter Break (No School)	Christmas / Winter Break (No School)	Christmas / Winter Break (No School)

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

2023 - 24 DECEMBER 2023

GRADES 0-12	1411	HOICE MENUS	DECEMBER 2023	
Monday	Tuesday	Wednesday	Thursday	Friday
Healthy Tip - ** Choose fruit as a natura	12 12 13 12 12 12 12 12 12 12 12 12 12 12 12 12		1 Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Sweet Potatoes Fries Assorted Fresh Fruit Milk	
4 Pizza with WG Crust Seasoned Green Beans Fire Roasted Corn on the Cob Assorted Fruit Milk	5 Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Taco Salad Cup Sautéed Onion and Peppers Diced Avocado Salsa Cup Assorted Fruit Milk	6 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	7 Christmas Dinner Salad w/Grilled Chicken Patty Salad Dressing Whole Grain Cheese Crackers Whole Grain Graham Squares Dark Green Salad w/Fruit & Dressing Sweet Potatoes Assorted Fruit Milk	8 Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Fresh Baby Carrots Fresh Broccoli Salad Seasoned Pinto Beans Assorted Fruit Milk
11 Pizza with WG Crust Steamed Broccoli Bean and Corn Salad Assorted Fruit Milk	12 Hot Dogs on WG Bun Ketchup/Mayonnaise/Mustard Cucumber and Tomato Salad Steamed Mixed Vegetables Assorted Fruit Milk	13 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	14 Salad w/Diced Ham Salad Dressing Whole Wheat Crackers WG Cinnamon Graham Crackers Oven Baked Tater Tots Creamy Coleslaw Assorted Fruit Milk	15 Classic Hamburger w/Cheese WG Bun Ketchup/Mayonnaise/Mustard Sandwich Salad Cup Baby Carrots Dark Green Salad w/Dressing Assorted Fruit Milk
Christmas / Winter Break (No School)	Christmas / Winter Break (No School)	Christmas / Winter Break (No School)	Christmas / Winter Break (No School)	Christmas / Winter Break (No School)
Christmas / Winter Break (No School)	Christmas / Winter Break (No School)	Christmas / Winter Break (No School)	Christmas / Winter Break (No School)	Christmas / Winter Break (No School)

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