



**ST TAMMANY PARISH PUBLIC SCHOOLS**  
**Breakfast & LUNCH MENUS FOR Carolyn Park Middle**  
**JANUARY 2019**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH PRICES:</b> Reduced (PK-12)      \$0.40 Full Price (PK-6)      \$1.30 Full Price (7-12)      \$1.55 Eligible Adults      \$3.25 Visitors      \$4.75	<b>1</b> WINTER/CHRISTMAS BREAK	<b>2</b> WINTER/CHRISTMAS BREAK	<b>3</b> WINTER/CHRISTMAS BREAK	<b>4</b> WINTER/CHRISTMAS BREAK
<b>7 Pancakes / Oranges</b>  Hot Pepperoni Pizza OR Cheesy Pizza Pears/Mixed Fruit Tasty Marinara Sauce Whole Kernel Corn Chewy Oatmeal Cookie	<b>8 N'awlins Style Beignets Raisins</b>  Sloppy Joe Sandwich Applesauce Fresh Crisp Carrots Hot French Fries Bun <b>Fudgy Brownie OR Rice Krispie Treat</b>	<b>9 Flake Biscuit/Sausage Apples</b>  Fishsticks OR Fried Catfish Kiwi/Pears <b>J*E*L*L*O</b> Fresh Broccoli Bites Creamy Mashed Potatoes Baked beans Fresh Baked Breadstick	<b>10 Fluffy Scrambled Eggs Toast/grits/ banana</b>  Chicken Tacos w/ Fixings Taco Shell or Tortilla Peaches Chilled Fruit Juice Zesty Refried Beans School Made Cinnamon Stick	<b>11 Cinnamon Roll Pineapples</b>  National Milk Day Delicious Chicken Tenders Banana / Apple Slices Garden Green Salad Green Peas Creamy Mac-N-Cheese Texas Toast
<b>14 Yogurt w/toast Oranges</b>  Breaded Pork Chop Apples slices/ Mix Fruit Broccoli Crown Florets Creamy Mashed Potatoes Texas Toast	<b>15 N'awlins Style Beignets Fruity Raisins</b>  Beef Nachos Pears/Pineapple Garden Green Salad Salsa Refried Beans Fresh Baked Cinnamon Stick	<b>16 Biscuits/Sausage/Grits Kiwi</b>  Chinese Orange Chicken Cantaloupe/Red Grapes Fresh Crisp Carrots Fresh Crisp Celery Sticks Fluffy Rice Texas Toast	<b>17 Donuts Banana</b>  Pig-in-a-Blanket OR Hot Dog Honeydew/Peaches Hot French Fries Bayou Baked Beans Fresh Baked Wrap OR Bun <b>J*E*L*L*O</b>	<b>18 Cinnamon Roll Mixed Fruit</b>  Grilled Cheese Sandwich Banana/Oranges Whole Kernel Corn Garden Green Salad <b>Fresh Chocolate Chip Cookie</b>
<b>21</b>  <b>MARTIN LUTHER KING HOLIDAY</b>	<b>22 Waffles/French Toast Oranges</b>  Chicken Tacos w/ Fixings Peaches salsa Chilled Fruit Juice Zesty Refried Beans School Made Cinnamon Stick	<b>23 Beignets Raisins</b>  Red Beans w/Sausage & Rice Frozen Fruit Cups Crisp Carrots Zesty Cucumber Slices Fresh Baked Breadstick	<b>24 Biscuit / Sausage Apples</b>  Breezy Beefy Mac CranRaisins Seasoned Green Peas Fresh Crisp Carrots Texas Toast Fudgy Brownie	<b>25 Cinnamon Roll Pears</b>  Classic Chicken Sandwich Bayou Baked Beans Oranges/Banana Crisp Green Lettuce Hot French Fries Fresh Made Oatmeal Cookie
<b>28 Snack Bun Bites Oranges</b>  Chinese Orange Chicken Pears Delicious Fruit Crisp Fresh Crisp Carrots Steamed Broccoli Florets Rice Texas Toast	<b>29 N'awlins Style Beignets Fruity Raisins</b>  Beef Nachos Oranges/Mix Fruit Garden Green Salad Salsa Refried Beans Fresh Baked Cinnamon Stick	<b>30 Biscuit/Sausage/Grits Kiwi</b>  Baked, or BBQ Chicken Cantaloupe / Applesauce Fresh Crisp Carrots Louisiana Style Red Beans Fluffy Rice Flaky Biscuit	<b>31 Banana Muffin Banana</b>  Mini Cheese Ravioli w/Mariana or Meatball Sub Frozen Fruit Cup Garden Green Salad Seasoned Green Beans Fresh Baked Breadstick OR Sub Roll <b>Cupcake</b>	<b>AVAILABLE DAILY:</b>  Low-Fat White Milk Fat-Free Chocolate Milk Fat-Free Strawberry Milk <b>OPTIONAL ENTRÉE:</b> Non-Fat Flavored Yogurt w/Mozzarella String Cheese

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

