BREAKFAST

This is an equal opportunity provider

AUGUST 2021

St. James Parish Schools

K – 12 Grade

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 **Administrative Day** **All School Personnel**	6 Cereal 1 or 2 G (High) Graham Crackers 1 G Fruit Choice ½ c / Juice ½ c Milk Choice 8 oz. Option: Pop Tarts or Cereal Bar
9 Muffin 2 G 1/2c Fruit Choice ½ c Juice Milk Choice 8 oz.	10 Biscuit 2 G/Chicken Patty 1G Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz.	11 Cereal 1 or 2 G (High) Graham Crackers 1 G Fruit Choice ½ c / Juice ½ c Milk Choice 8 oz. Option: Pop Tarts or Cereal Bar	12 Scrambled Eggs 1 G/ Grits 1 G Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz.	13 Pancake on Stick 2 G/ Syrup Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz. Option: Pancakes
16 French Toast Sticks 2 G/Syrup Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz.	17 Cereal 1 or 2 G (High) Graham Crackers 1 G Fruit Choice ½ c / Juice ½ c Milk Choice 8 oz Option: Pop Tart or Cereal Bar	18 Biscuit 2 G/ Scrambled Eggs 1 G Fruit Choice ½ c/ Juice 1/2c Milk Choice 8 oz.	19 Pancake & Sausage Sandwich 2 G Syrup Fruit Choice ½ c / Juice ½ c Milk 8 oz.	20 Turkey Sausage 1 G/ Grits 1 G Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz.
23 Cereal 1 or 2 G (High) Graham Crackers 1 G Fruit Choice ½ c / Juice ½ c Milk Choice 8 oz. Option: Pop Tarts or Cereal Bars	24 Belgium Waffles 2 G Syrup Juice 1/2c/ Fruit Choice ½ c Milk Choice 8 oz. Option: Waffles	25 Cinnamon Rolls 2 G 1/2c Juice Fruit Choice ½ c Milk Choice 8 oz.	26 Pancakes, Mini Color Sprinkled 2G./ Syrup Juice 1/2c. Fruit Choice 1/2c Milk Choice 8	27 Scrambled Eggs 1 G/ Grits 1 G Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz.
30 Muffin 2 G 1/2c Fruit Choice ½ c Juice Milk Choice 8 oz.	31 Biscuit 2 G/Chicken Patty 1G Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz.			

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AUGUST 2021

St. James Parish Schools

K – 12 Grade

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5 **Administrative Day** **All School Personnel**	6 Beef-a-Roni 2oz MMA/1G. Popeye Salad 1c=1/2c VDG. Seasoned Green Beans 1/2c. Chilled Mixed Fruit 1/2c. Fresh Fruit Choice 1/2c (HS) WG Bread Stick 1 G. Milk Choice 8 oz
9 Red Beans w Sausage 2oz MMA Steamed Rice 1/2c-3/4c 1 G. Seasoned Greens 1/2c. Coleslaw 1/2c. Chilled Pears ½ c. Applesauce ½ c. (HS) Golden Cornbread 1 G. Milk Choice 8 oz	10 Beef Tacos 2oz. MMA W Cheese Tortilla Flour 2 WG. Lettuce 1c./ Tomato 1/8c. Seasoned Corn ½ c. Salsa 2oz./ Sunset Sip 1/2c Cookie 1G./ Milk Choice 8oz. Option: Tortilla Chips/ Jalapeno Cheese	11 Chicken/Pork/ Turkey Stew 2 oz. (Choice) Steamed Rice 1/2c-3/4c 1G. Steamed Garlic Broccoli 1/2c. Sweet Potatoes 1/2c. ROV Fresh Fruit Oranges (whole cut) Banana 1 (High) WG Roll 1-2 G/ Milk 8 oz.	12 Pepperoni or Sausage Pizza 2oz MMA/2G. 1/8 ROV. Steamed Corn 1/2c. Dark Green Salad w tomatoes & carrot Dressing 1c.=1/2c. DGV. Red Grape 1/2c.; Apple 1/2c (High) Graham Crackers 1G. Milk Choice 8 oz	13 Chicken Tenders or Nuggets 2oz. MMA Macaroni & Cheese 1/2c-1c. 1G./ .50 MMA/Popeye Salad w Tom. 1c.=/1/2c Steamed Vegetables 1/2c Fresh Fruit Choice 1/2c Chilled Fruit Choice (HS) WG Roll 1-2oz. Milk Choice 8 oz.
16 White Beans ½-3/4c/ -Ham 1oz. MMA Steamed Rice 1/2c-3/4c 1G Seasoned Greens 1/2c. Sweet Potatoes 1/2c. Sliced Peaches 1/2c. Fresh Fruit Choice (HS) Golden Cornbread 1 G. Milk Choice 8 oz.	17 Meatloaf or Meatball 2oz. Gravy Loaded Mashed Potatoes ½- Green Beans 1/2c. Chilled Fruit Choice 1/2c-1c Banana (HS) 1/2c. WG Roll 2G/ Milk 8 oz.	18 Hamburger 2MMA/ WG Bun 2G Lettuce 1/2c = ¼ c/Tomato 1/4c. Pickle 1/8c Potato Rounds1/2c/Sunset Sip ½ c VRO Chilled Fresh Apple Half 1/2c; Pears ½ c(HS) Cookie .5 G Milk Choice 8 oz.	19 Spaghetti 1/2c 1G. w Meat Sauce 2oz MMA. Popeye Salad 1c.=1/2c w (spinach/ Shredded Carrots) 1/8c VRO Seasoned Corn /WG Bread Sticks 1 G Melon Cup 1/2c Applesauce (HS) /Milk Choice 8 oz	20 Mini Corn Dog Nuggets 2 oz. MMA / 2 WGR. / Savory Onion Rings 1/2c Baked Beans 1/2c ROV 1/2c./ Fresh Fruit Choice 1/2c. (HS) Graham Crackers 1G. Milk Choice 8 oz. Option: Corn Dogs
23 Hot Dogs w/ Chili 2.5 MMA/ 1.5 G. French Fries 1/2c Fresh Fruit Apples 1/2c. Chilled Mixed Fruit (HS) Choice of Baked Chips 1G. Milk Choice 8 oz. Option Sloppy Joe	24 Baked Chicken 2oz. MMA Seasoned Rice 1/2c. 1G. Steamed Broccoli 1/2c. Celery Sticks W Dip 1/4-1/2c WG Roll 1-2 G. Chilled Orange 1/2c./ Canned or Dried Fruit ½ c (HS) Milk Choice 8 oz.	25 Beef-a-Roni 2oz MMA/1G. Popeye Salad 1c=1/2c VDG. Seasoned Green Beans 1/2c. Chilled Mixed Fruit 1/2c. Fresh Fruit Choice 1/2c (HS) WG Bread Stick 1 G. Milk Choice 8 oz	26 Chicken/ Pork/ Sausage Jambalaya 2MMA/1G. White Beans 1/2c. Sweet Potatoes 1/2c. Chilled Watermelon 1/2c. Chilled Pears (HS) WG Roll 1-2 oz. Milk Choice 8 oz.	27 Breaded Chicken 2MMA WG Bun 2G Lettuce ½=1/4c/Tomato 1/8c French Fries ½ Baked Beans ½ Carrot Sticks w/Dip 1/4c V Chilled Melon 1/2c-1c. Fruit Choice (HS) 1/2c. Milk Choice 8 oz.
30 Red Beans w Sausage 2oz MMA Steamed Rice 1/2c-3/4c 1 G. Seasoned Greens 1/2c. Coleslaw 1/2c. Chilled Pears ½ c. Applesauce ½ c. (HS) Golden Cornbread 1 G. Milk Choice 8 oz	31 Pepperoni or Sausage Pizza 2oz MMA/2G. 1/8 ROV. Steamed Corn 1/2c. Dark Green Salad w tomatoes & carrot Dressing 1c.=1/2c. DGV. Red Grape 1/2c.; Apple 1/2c (High) Graham Crackers 1G. Milk Choice 8 oz			

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SEPTEMBER 2021

St. James Parish Schools

K – 12 Grade

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pancake on Stick 2 G/ Syrup Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz. Option: Pancakes	2 Cereal 1 or 2 G (High) Graham Crackers 1 G Fruit Choice ½ c / Juice ½ c Milk Choice 8 oz. Option: Pop Tarts or Cereal Bar	3 Donuts Mini Bites 1/2c Juice Fruit Choice ½ c Milk Choice 8 oz.
6 HOLIDAY	7 French Toast Sticks 2 G/Syrup Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz.	8 Pancake & Sausage Sandwich 2 G Syrup Fruit Choice ½ c / Juice ½ c Milk 8 oz.	9 Cereal 1 or 2 G (High) Graham Crackers 1 G Fruit Choice ½ c / Juice ½ c Milk Choice 8 oz Option: Pop Tart or Cereal Bar	10 Biscuit 2 G/ Scrambled Eggs 1 G Fruit Choice ½ c/ Juice 1/2c Milk Choice 8 oz.
13 Pancakes, Mini Color Sprinkled 2G./ Syrup Juice 1/2c. Fruit Choice 1/2c Milk Choice 8	14 Belgium Waffles 2 G Syrup Juice 1/2c/ Fruit Choice ½ c Milk Choice 8 oz. Option: Waffles	15 Cereal 1 or 2 G (High) Graham Crackers 1 G Fruit Choice ½ c / Juice ½ c Milk Choice 8 oz Option: Pop Tart or Cereal Bar	16 Cinnamon Rolls 2 G 1/2c Juice Fruit Choice ½ c Milk Choice 8 oz.	17 Scrambled Eggs 1 G/ Grits 1 G Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz.
20 Muffin 2 G 1/2c Fruit Choice ½ c Juice Milk Choice 8 oz.	21 Biscuit 2 G/Chicken Patty 1G Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz.	22 Cereal 1 or 2 G (High) Graham Crackers 1 G Fruit Choice ½ c / Juice ½ c Milk Choice 8 oz Option: Pop Tart or Cereal Bar	23 Turkey Sausage 1 G/ Grits 1 G Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz.	24 Donuts Mini Bites 1/2c Juice Fruit Choice ½ c Milk Choice 8 oz.
27 Pancake on Stick 2 G/ Syrup Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz. Option: Pancakes	28 Biscuit 2 G/ Scrambled Eggs 1 G Fruit Choice ½ c/ Juice 1/2c Milk Choice 8 oz.	29 French Toast Sticks 2 G/Syrup Fruit Choice ½ c/ Juice ½ c Milk Choice 8 oz.	30 Cereal 1 or 2 G (High) Graham Crackers 1 G Fruit Choice ½ c / Juice ½ c Milk Choice 8 oz Option: Pop Tart or Cereal Bar	

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SEPTEMBER 2021

St. James Parish Schools

K – 12 Grade

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Chicken Tenders or Nuggets 2oz. MMA Macaroni & Cheese 1/2c-1c. 1G./ .50 MMA/Popeye Salad w Tom. 1c.=/1/2c Steamed Vegetables 1/2c Fresh Fruit Choice 1/2c Chilled Fruit Choice (HS) WG Roll 1-2oz. Milk Choice 8 oz.	2 Chicken/Pork/ Turkey Stew 2 oz. (Choice) Steamed Rice 1/2c-3/4c 1G. Steamed Garlic Broccoli 1/2c. Sweet Potatoes 1/2c. ROV Fresh Fruit Oranges (whole cut) Banana 1 (High) WG Roll 1-2 G/ Milk 8 oz.	3 Beef Tacos 2oz. MMA W Cheese Tortilla Flour 2 WG. Lettuce 1c./ Tomato 1/8c. Seasoned Corn ½ c. Salsa 2oz./ Sunset Sip 1/2c Cookie 1G./ Milk Choice 8oz. Option: Tortilla Chips/ Jalapeno Cheese
6 **HOLIDAY**	7 White Beans ½-3/4c/ -Ham 1oz. MMA Steamed Rice 1/2c-3/4c 1G Seasoned Greens 1/2c. Sweet Potatoes 1/2c. Sliced Peaches 1/2c. Fresh Fruit Choice (HS) Golden Cornbread 1 G. Milk Choice 8 oz.	8 Spaghetti 1/2c 1G. w Meat Sauce 2oz MMA. Popeye Salad 1c.=1/2c w (spinach/ Shredded Carrots) 1/8c VRO Seasoned Corn /WG Bread Sticks 1 G Melon Cup 1/2c Applesauce (HS) /Milk Choice 8 oz	9 Meatloaf or Meatball 2oz. Gravy Steamed Rice ½c-3/4c 1G. Green Beans 1/2c. Coleslaw 1/2c Chilled Fruit Choice 1/2c-1c Banana (HS) 1/2c. WG Roll 2G/ Milk 8 oz.	10 Hamburger 2MMA/ WG Bun 2G Lettuce 1/2c = ¼ c/Tomato 1/4c. Pickle 1/8c Potato Rounds1/2c/Sunset Sip ½ c VRO Chilled Fresh Apple Half 1/2c; Pears ½ c(HS) Cookie .5 G Milk Choice 8 oz.
13 Hot Dogs w/ Chili 2.5 MMA/ 1.5 G. French Fries 1/2c Fresh Fruit Apples 1/2c. Chilled Mixed Fruit (HS) Choice of Baked Chips 1G. Milk Choice 8 oz. Option Sloppy Joe	14 Chicken/ Pork/ Sausage Jambalaya 2MMA/1G. White Beans 1/2c. Sweet Potatoes 1/2c. Chilled Watermelon 1/2c. Chilled Pears (HS) WG Roll 1-2 oz. Milk Choice 8 oz.	15 Baked Chicken 2oz. MMA Loaded Cream Potatoes 1/2c 1G Steamed Broccoli 1/2c. WG Roll 1-2 G. Chilled Orange 1/2c. Canned or Dried Fruit ½ c (HS) Milk Choice 8 oz.	16 Beef-a-Roni 2oz MMA/1G. Popeye Salad 1c=1/2c VDG. Seasoned Green Beans 1/2c. Chilled Mixed Fruit 1/2c. Fresh Fruit Choice 1/2c (HS) WG Bread Stick 1 G. Milk Choice 8 oz	17 Breaded Chicken 2MMA WG Bun 2G Lettuce ½=1/4c/Tomato 1/8c French Fries 1/2c Baked Beans 1/2c. Chilled Melon 1/2c Cookies or Graham Crackers Milk Choice 8 oz.
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