

# January 2020 Supper Menu

El Paso, Tarrant County



**Offered Daily**

- Whole Grains
- Lean Protein
- Assorted Fresh Fruit
- Colorful Vegetables
- FF Milk
- 1% Milk

### Legend

**FF:** Fat Free

*\*Menu items are subject to change without notice*

*Notice:*

*This institution is an equal opportunity provider*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
E: v:	6 Pork and Beef Kolache Cherry Tomatoes	7 Granola, Greek Yogurt Cup & Sunflower Seeds Baby Carrots	8 Shredded Beef Burrito Roasted Corn	9 Warm Ham & Swiss Hoagie Celery & Sun Butter Cup	10 Cajun Bold Bites, Roasted Chickpeas, Cheddar Crackers Veggie Ranch Cup
E: v:	13 Pancake Sandwich Baby Carrots	14 Pollo Verde Burrito Roasted Corn	15 Turkey, Cheese Cubes & Goldfish Celery & Sun butter Cup	16 WG Pepperoni/Cheese Pizza Cherry Tomatoes	17 Chili Verde Bold Bites, Roasted Chickpeas, Cheddar Crackers Broccoli w/ Ranch
E: v:	20 NO SCHOOL Martin Luther King, Jr. Day	21 Bean & Cheese Burrito Celery & Sun Butter Cup	22 Granola, Greek Yogurt Cup, and Sunflower Seeds Baby Carrots	23 Chicken Fajita Tacos Pico de Gallo	24 Parmesan Garlic Bold Bites, Roasted Chickpeas, Cheddar Crackers Sliced Cucumbers
E: v:	27 Pork and Beef Kolache Cherry Tomatoes	28 Granola, Greek Yogurt Cup & Sunflower Seeds Baby Carrots	29 Shredded Beef Burrito Roasted Corn	30 Warm Ham & Swiss Hoagie Celery & Sun Butter Cup	31 Cajun Bold Bites, Roasted Chickpeas, Cheddar Crackers Veggie Ranch Cup

## Happy New Year!

Happy New Year! Our CNP team is so excited to introduce bold new flavors on the Spring 2020 menu. We can't wait for your scholar to try every new dish and reap the health benefits! Here are a few of the new dishes your child will get to try this Spring:

### Fresh Fruit Smoothie and Granola Pack

The combination of Vitamin C from mango and strawberry and Calcium from yogurt helps heal cuts and scrapes, prevent colds and maintain strong bones and teeth.

### Cocoa Banana Overnight Oats

A new twist on a trendy breakfast favorite, we combined mashed bananas with premium cocoa, almond milk, Greek yogurt and, of course, old fashioned oats! The potassium in bananas will help prevent muscle cramping after PE class while the protein in Greek yogurt can help rebuild those muscles! Oatmeal is a great source of fiber, which will keep your scholar full and focused all morning!

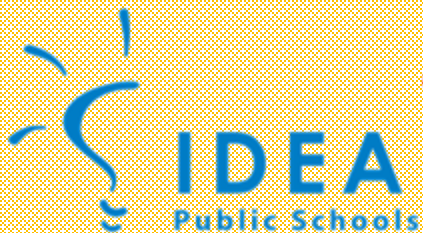
### Sweet Chile Chicken Bowl w/ Edamame Fried Rice

The students have spoken, and we listened! This Spring we added a **second** Asian dish that is sure to please! This savory dish brings a little bit of sweet, a little bit of heat, and a lot of bold flavor! Sprinkled throughout the stir-fried rice is bright green edamame, a plant-based protein. Studies have shown that consumption of foods like edamame improve brain and heart health and can even help fight the winter blues!

## Visit our Website

The IDEA CNP website can be accessed at

<https://ideapublicschools.org/parents/cnp/>



# JOKE OF THE MONTH

If you're holding 3 apples and 4 oranges in your right hand, what do you have?

Answer to the right

