

January 2020 Menu

Baton Rouge, New Orleans



Offered Daily

At Breakfast

- Assorted Fresh Fruit
- 100% Fruit Juice (K-12)
- FF Milk
- 1% Milk
- Whole Grains
- Assorted Cereal and Cracker Pack

At Lunch

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk and 1% Milk

Legend

B: Breakfast

L: Lunch

FF: Fat Free

**Menu items are subject to change without notice*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B:	6	7	8	9	10
L:	No SCHOOL	Assorted Mini Pancakes Red Beans & Ham Brown Rice Broccoli w/ Cheese Steamed Corn	Kolache Lasagna Rollup Garlic Breadstick Fresh Garden Salad Parmesan Roasted Carrots *Chef Salad Bowl	Yogurt & Fruit Parfait w/ Granola BBQ Chicken Sliced Wheat Bread Charro Beans Waved Chili Cucumbers *Chef Salad Bowl	Chicken Biscuit Cheese & Pepperoni Pizza Celery Sticks Mixed Green Salad
B:	13	14	15	16	17
L:	Assorted Yogurt and Cinnamon Breakfast Round Crispy Fish Sandwich Sandwich Deli Salad Sweet Potato Fries	Overnight Oats, Apple Cinnamon w/ Granola and Raisins Beef & Bean Chili Whole Grain Crackers Potato Wedges Broccoli w/ Cheese *Italian Salad Bowl	Turkey Sausage & Egg Biscuit Spaghetti w/ Meat Sauce Garlic Breadstick Fresh Garden Salad Italian Zucchini *Italian Salad Bowl	Breakfast Burrito Oven Roasted Chicken Dinner Roll Seasoned Green Beans Mashed Potatoes w/ Gravy *Italian Salad Bowl	Cheesy Grits Cheese & Pepperoni Pizza Waved Chili Cucumbers Mixed Greens Salad
B:	20	21	22	23	24
L:	NO SCHOOL Martin Luther King Jr. Day	Assorted Mini Waffles Beef Steak Cheeseburger Sweet Potato Fries Steamed Broccoli	Egg & Cheese Croissant Teriyaki Chicken Bowl Brown Rice Sweet Ginger Carrots *Chef Salad Bowl	Kolache Crispy Beef Tacos Refried Beans Shredded Romaine & Tomato Salad *Chef Salad Bowl	Assorted Yogurt & Graham Cracker Pack Cheese & Pepperoni Pizza Roasted Cauliflower Celery & Carrot Sticks
B:	27	28	29	30	31
L:	Assorted Mini Pancakes Red Beans & Ham Brown Rice Broccoli w/ Cheese Steamed Corn	Ham, Egg, and Cheese BoB Turkey Hot Dog Spanish Garbanzos Sweet Potato Fries *Italian Salad Bowl	Kolache Lasagna Rollup Garlic Breadstick Fresh Garden Salad Parmesan Roasted Carrots *Italian Salad Bowl	Yogurt & Fruit Parfait w/ Granola BBQ Chicken Sliced Wheat Bread Charro Beans Waved Chili Cucumbers *Italian Salad Bowl	Chicken Biscuit Cheese & Pepperoni Pizza Celery Sticks Mixed Green Salad

Happy New Year!

Establishing healthy eating patterns in childhood can positively impact dietary habits later in life. One easy habit the whole family can adopt in 2020 is to choose whole grains more often than refined grains. The nutrients in whole grains, like fiber and B vitamins, can help you feel fuller longer, have more energy with less crashes, and lower your risk of heart disease.

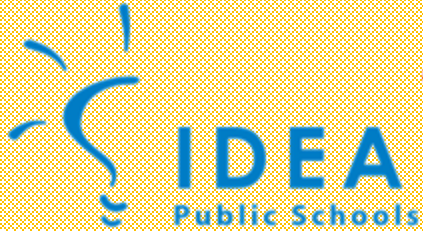
How do you know if your rice, bread, pasta or cereal is whole grain? Check the list of ingredients on the label. If the first word is “whole” then you know you’ve found a whole grain! If the first word is “enriched”, it is not a whole grain. What's even easier? Look for the Whole Grain stamp on your favorite grain products. If it's stamped, then it is guaranteed to be Whole Grain!

For more information on the health benefits of whole grains, check out: <https://wholegrainscouncil.org/>



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



A: Very Large Hands

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