

Enero 2020 Menu de Cena

RGV, San Antonio, Austin



	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
	6	7	8	9	10
E:	NO SCHOOL	Kolache	Burrito de carne deshebrada	Sandwich de jamón queso suizo	Nuggets de pollo (cajún), garbanzos asados, galletas de queso cheddar
V:		Tomatitos	Maíz rostizado	Apio y crema de girasol	Tazita de vegetales con ranch
	13	14	15	16	17
E:	Sándwich de panqueque	Burrito de Pollo Verde	Pavo, cubitos de queso y galletas Goldfish	Pizza Integral de Pepperoni / Queso	Nuggets de pollo (cajún), garbanzos asados, galletas de queso cheddar
V:	Zanahorias	Maíz Rostizado	Apio y crema de girasol	Tomatitos	Brócoli con Ranch
	20	21	22	23	24
E:	NO SCHOOL	Burrito de Frijoles y Queso	Granola, taza de yogurt griego y semillas de girasol	Taco de fajita de pollo	Nuggets de pollo (cajún), garbanzos asados, galletas de queso cheddar
V:	Día De Martin Luther King, Jr.	Apio y crema de girasol	Zanahorias	Pico de gallo	Pepinos en rodajas
	27	28	29	30	31
E:	Kolache	Granola, yogurt griego y semillas de girasol	Burrito de carne deshebrada	Sandwich de jamón queso suizo	Nuggets de pollo (cajún), garbanzos asados, galletas de queso cheddar
V:	Tomatitos	Zanahorias	Maíz rostizado	Apio y crema de girasol	Tazita de vegetales con ranch



Ofrecido Diariamente

- Granos Enteros
- Proteína magra
- Surtido de fruta fresca
- Vegetales Coloridos
- Leche sin grasa
- 1% de Leche

Legend

FF: Fat Free

**Menu puede cambiar sin aviso*

Aviso:

Esta institución es un proveedor de igualdad de oportunidades

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!

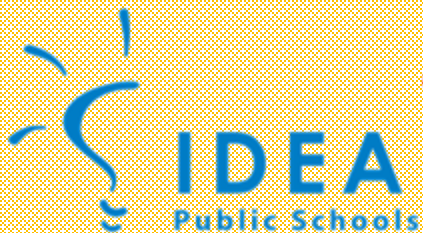
Sweet Chile Chicken Bowl w/ Edamame Fried Rice

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

