

January 2020 K-12 Menu

RGV, San Antonio, Austin



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B:	6 NO SCHOOL	7 Texas Gingerbread	8 Cheesy Breakfast Kolache	9 Fresh Fruit Smoothie & Granola	10 Chicken & Waffle Sandwich
L:		Crispy Chicken Sandwich Sweet Potato Tots Sandwich Deli Salad	Spaghetti w / Meat Sauce Garlic Breadstick Zesty Lemon Broccoli Fresh Garden Salad & Crunchy Chickpeas	Smoked BBQ Drumsticks Sliced Wheat Brea Southern Bean Trio Red Skin Potato Salad	UNO Cheese/Pepperoni Pizza Fresh Celery Sticks Mixed Green Salad
B:	13 Granola & Greek Yogurt Cup	14 Cocoa Banana Overnight Oats	15 Sausage & Cheese English Muffin	16 Bean & Cheese Burrito	17 Ham & Cheese Omelet Wrap
L:	Chicken & Cheese Tamales Ranchero Beans Pico de Gallo Guacamole Cup	Lasagna Rollup & Garlic Breadstick Veggie Ranch Cup Zesty Lemon Broccoli	Oven Roasted Chicken & Honey Wheat Roll Rustic Mashed Potatoes Green Beans Almondine	Pulled Pork Po'Boy Waved Chili Cucumbers Coleslaw	Crispy Chicken Bites Carrot Craisin Salad Potato Wedges
B:	20 NO SCHOOL	21 Pancake Sandwich	22 Egg & Cheese Croissant	23 Breakfast Wrap	24 Cheesy Breakfast Kolache
L:	Martin Luther King, Jr. Day	Beefsteak Swiss Burger Sweet Potato Tots Sandwich Deli Salad	Enchiladas Ranchero Beans Street Corn	Sweet Chili Chicken Bow Fried Rice Veggie Egg Roll	Crispy Chicken Strips Garlicky Texas Toast Parmesan Roasted Carrots Veggie Ranch Cup
B:	27 Texas Gingerbread	28 Ham, Egg & Cheese BOB	29 Cheesy Breakfast Kolache	30 Fresh Fruit Smoothie & Granola	31 Chicken & Waffle Sandwich
L:	Crispy Chicken Sandwich Sweet Potato Tots Sandwich Deli Salad	Teriyaki Chicken Bowl Fried Rice Veggie Egg Roll	Spaghetti w / Meat Sauce Garlic Breadstick Zesty Lemon Broccoli Fresh Garden Salad & Crunchy Chickpeas	Smoked BBQ Drumsticks Sliced Wheat Brea Southern Bean Trio Red Skin Potato Salad	UNO Cheese/Pepperoni Pizza Fresh Celery Sticks Mixed Green Salad

Offered Daily

At Breakfast

- Assorted Fresh Fruit
- 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*

Notice:

This institution is an equal opportunity provider

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!

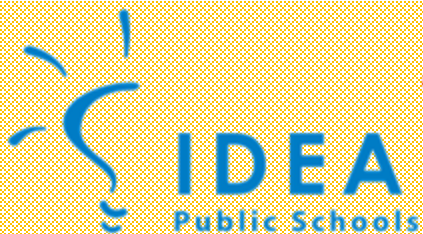
Sweet Chile Chicken Bowl w/ Edamame Fried Rice

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

