

Enero 2020 K-12 Menu

RGV, San Antonio, Austin



	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
B:	6	7	8	9	10
L:	NO SCHOOL	Pan de Jengibre Sandwich de pollo crujiente Papitas de camote Ensalada Deli	Kolache con Queso Espagueti con salsa de carne y pan de ajo, Ensalada Fresca De Jardín, Garbanzos, Brócoli con limón	Batido de Frutas Fresca y Granola Piernitas de pollo al BBQ y pan de trigo en rodajas Mezcla de frijoles, Ensalada de papa	Sándwich de pollo y waffles Pizza UNO de Queso/Pepperoni Ensalada de Verduras Mixtas Palitos de apio fresco
B:	13	14	15	16	17
L:	Yogurt griego y galleta de canela Tamales de pollo y queso Guacamole, Ensalada de Pico de Gallo, Frijoles Rancheros	Avena de Cacao y Plátano Lasaña Pan de Ajo, Brócoli de limón, Tazita de vegetales con ranch	Panque Inglés con salchichas y queso Pollo al Horno y Pan de Trigo y Miel Ejotes almendrados, Puré de Papas Rústico	Burrito de Frijoles y Queso Sandwich Po Boy de Puerco Ensalada de col Pepinos rebanados con chile	Taco de Omelet de Jamón y Queso Nuggets de pollo crujientes Ensalada de zanahoria y arandano Papas sazonadas
B:	20	21	22	23	24
L:	NO SCHOOL Martin Luther King, Jr. Day	Sándwich de panqueque Hamburguesa Suiza Papitas de camote Ensalada Deli	Croissant de huevo y queso Enchiladas Elote preparado Frijoles Ranchero	Burrito Pollo a la Tailandesa Arroz frito Rollo de huevo vegetariano	Kolache con Queso Tiras crujientes de pollo y pan tostado con ajo Zanahorias Asadas a la Parmesana Tazita de vegetales con ranch
B:	27	28	29	30	31
L:	Pan de Jengibre Sandwich de pollo crujiente Tots de patata dulce Ensalada Sandwich Deli	BOB de Jamón, Huevo y Queso Pollo Teriyaki Arroz frito Rollo de Huevo vegetariano	Kolache con Queso Espagueti con salsa de carne y pan de ajo, Ensalada Fresca De Jardín Garbanzos, Brócoli con limón	Batido de Frutas Frescas y Granola Piernitas de pollo al BBQ y pan de trigo en rodajas Southern Bean Trio Ensalada de papa	Sándwich de pollo y waffles Pizza UNO de Queso/Pepperoni Ensalada de Verduras Mixtas Palitos de apio fresco

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!

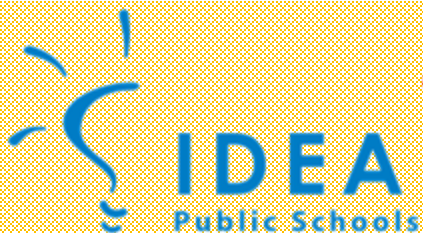
Sweet Chile Chicken Bowl w/ Edamame Fried Rice

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!

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<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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