

January 2020 Pre-K Menu

RGV, San Antonio, Austin



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

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

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!

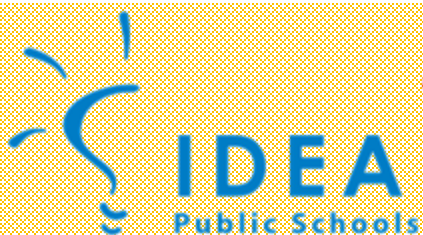
Sweet Chile Chicken Bowl w/ Edamame Fried Rice

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



A: Very Large Hands

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