

Enero 2020 PRE-K Menu

RGV, San Antonio, Austin



	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES
	6	7	8	9	10
B:		Pan de Jengibre	Kolache con Queso	Batido de Frutas Fresca y Granola	Sándwich de pollo y waffles
L:	NO SCHOOL	Sándwich de pollo crujiente Papitas de Camote	Espagueti con Salsa de Carne Pan de Ajo Brócoli de limón	Piernitas de pollo al BBQ y pan de trigo en rodajas Mixto de frijoles	Pizza UNO de Queso / Pepperoni Palitos de apio fresco
	13	14	15	16	17
B:	Yogurt griego y granola	Avena de Cacao y Plátano	Panque Inglés con salchichas y queso	Burrito de Frijoles y Queso	Taco de Omelet de Jamón y Queso
L:	Tamales de pollo y queso Frijoles Ranchero	Lasaña y pan de ajo Tazita de vegetales con ranch	Pollo Asado al Horno y Pan de Trigo y Miel Puré de Papas Rústico	Sándwich Po Boy de Puerco Pepinos rebanados con chile	Nuggets de pollo crujientes Ensalada de Zanahoria y arandano
	20	21	22	23	24
B:	NO SCHOOL	Sándwich de panqueque	Croissant de huevo y queso	Burrito	Kolache con Queso
L:	Martin Luther King, Jr. Day	Hamburguesa Suiza Papitas de camote	Enchiladas Frijoles Ranchero	Pollo a la Tailandesa Rollo de Huevo Vegetariano	Tiras crujientes de pollo y pan tostado con ajo Zanahorias Asadas a la Parmesana
	27	28	29	30	31
B:	Pan de Jengibre	JBOB de Jamón, Huevo y Queso	Kolache con Queso	Batido de Frutas Frescas y Granola	Sándwich de pollo y gofres
L:	Sándwich de pollo crujiente Papitas de Camote	Pollo Teriyaki con Rollo de Huevo Vegetariano	Espaguetis con Salsa de Carne y Pan de Ajo Brócoli de limón picante	Piernitas de pollo al BBQ y pan de trigo en rodajas Mixto de frijoles	Pizza UNO de Queso / Pepperoni 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!

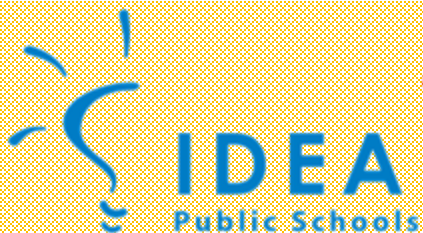
Sweet Chile Chicken Bowl w/ Edamame Fried Rice

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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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

