### LOUISIANA AUGUST 2020 MENU

#### MONDAY

- **B**: Cinnamon Roll
- **L**: Beefsteak Cheeseburger Seasoned Wedges

#### TUESDAY

- **B**: Cereal & Cracker Pack
- **L**: Turkey Hot Dog Cajun Spiced Beans

#### WEDNESDAY

- **B**: Breakfast Burrito
- **L**: Roasted Corn Celery Sticks

#### THURSDAY

- **B**: Cereal & Cracker Pack
- **L**: Turkey Cheddar Hoagie Cherry Tomatoes Broccoli Florets

#### FRIDAY

- **B**: Mini Pancakes
- **L**: Pizza Marinara Cup Veggie Ranch Cup

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### SERVED DAILY

#### AT BREAKFAST
- Assorted Fresh Fruit
- Fresh Fruit Juice
  - FF Milk
  - 1% Milk
- Whole Grains

#### AT LUNCH
- Assorted Fresh Fruit
  - FF Milk
  - 1% Milk

### LEGEND

- **B**: Breakfast
- **L**: Lunch

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This institution is an equal opportunity provider.

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**NOTICE:** Due to COVID-19, product availability is not stable, and this menu is subject to change without notice based on availability.

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Additional information:

- Note: Please check your region’s Academic Calendar to find the date for First Day of School.
PICK OF THE MONTH

CORN

Did you know? Corn is a very versatile and nutrient-packed vegetable! High in vitamin C, folate, magnesium and potassium, corn helps to support your immune system and the building of new tissues when eaten as part of a balanced diet. Fresh corn on the cob can be enjoyed during the summer months or you can enjoy corn-year-round as a canned item in dishes such as salsas and salads.

VISIT OUR WEBSITE

The IDEA CNP website can be accessed at:
IDEAPUBLICSCHOOLS.ORG/CNP

ARE CANNED FOODS NUTRITIOUS?

Canned foods are a convenient and affordable way to incorporate more fruits and vegetables into your diet. Canned fruits and vegetables are usually canned within hours of being picked, helping to keep many of their nutrients intact. Canned fruits and veggies are usually washed and then peeled, cut, chopped, or pitted before canning. The cans are filled with liquid (water or juice) and seasonings before they are sealed, heated, and then cooled. Because the canning process requires high heat, some nutrients, such as vitamin C and B vitamins, may be lost during processing. It is always important to eat a variety of fruits and vegetables every day to ensure we get the nutrients we need!

Here are some tips and tricks on how to choose canned items:

1. Pick fruit varieties that are canned in water, 100% juice or in its own juice. Note: Avoid fruit packed in light or heavy syrup as this has added sugars.
2. Choose canned veggies without added salts, labeled "no salt added" or "low sodium." Note: Cans marked "reduced sodium" are not sodium-free.
3. Draining and rinsing canned veggies can reduce sodium content.
4. Avoid cans with dents, bulges, cracks or leaks. Damaged cans could contain bacteria that could possibly make you sick.

DID YOU KNOW?

August is National Immunization Month

Please be sure your kids are up to date with their vaccines before the first day of school, virtual learners too! For more information, reach out to your campus health aide.

JOKE OF THE MONTH

What do you say to corn after it graduates from high school?

ANSWER:

Corn-gratulations