### SEPTEMBER 2020 MENU

#### LOUISIANA

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tr>
<td>Cereal &amp; Cracker Pack</td>
<td>Breakfast Burrito</td>
<td>Cereal &amp; Cracker Pack</td>
<td>Mini Pancakes</td>
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<tr>
<td>Bean &amp; Cheese Burrito Seasoned Corn</td>
<td>Turkey Hot Dog Cajun Spiced Beans</td>
<td>Turkey Hot Dog Cajun Spiced Beans</td>
<td>Grilled Cheese Marinara Cup</td>
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<tr>
<td>Beefsteak Cheeseburger Seasoned Wedges</td>
<td>Turkey Hot Dog Cajun Spiced Beans</td>
<td>Individual Pizza Roasted Cauliflower</td>
<td>Calzone Zesty Lemon Broccoli</td>
<td>Grilled Cheese Marinara Cup</td>
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<td>Egg &amp; Cheese Sandwich</td>
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<td>Breakfast Burrito</td>
<td>Cereal &amp; Cracker Pack</td>
<td>Mini Pancakes</td>
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<td>BBQ Rib Sandwich Colelaw</td>
<td>Bean &amp; Cheese Burrito Seasoned Corn</td>
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### OFFERED 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
- **Ff**: Fat free

This institution is an equal opportunity provider.

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

IDEA Public Schools Child Nutrition Program is excited to provide meals to students for the 2020-2021 school year. As always, we are committed to providing nutritious meals to all IDEA students. If you have a child enrolled at an IDEA school, you may visit the campus nearest to you to participate in the curbside meal program.

CURBSIDE MEAL HOURS:
Monday & Wednesday: 7:30am - 11:30am & 4:00pm - 6:00pm
Tuesday, Thursday & Friday: 7:30 am - 11:30am ONLY
HOUSTON HOURS: 8:30am - 10:30 Monday - Friday

For more information, questions, concerns or feedback, please contact your Cafeteria Manager.

HARVEST OF THE MONTH

SUGAR SNAP PEAS

Harvest of the Month was created by IDEA CNP to highlight seasonal harvest grown by our own IDEA Farms. Each month, you can look forward to online resources including:

• Family-friendly recipes
• Printable activities, and
• Nutrition tidbits about our monthly harvest

Be sure to keep an eye on the menu: each month will feature a chef-created recipe using the harvest of the month. This month features Crunch Sugar Snap Peas with Creamy Hummus.

Harvest of the month resources can be accessed by clicking HERE or visiting IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP

VISIT OUR WEBSITE

The IDEA CNP website can be accessed at:

IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP

NUTRITION FAST FACTS

VITAMIN D

1. Vitamin D helps our bodies absorb and deposit calcium and phosphorous into our teeth and bones, keeping them strong and healthy.
2. Vitamin D is a fat-soluble vitamin which means fat is needed to make and absorb the Vitamin D.
3. Sunlight, egg yolks, fortified milk and fish are the main sources of Vitamin D.
4. Drinking fortified Vitamin D milk can reduce the risk of Vitamin D deficiency.
5. Increased juice and soda consumption and reduced outside activity increase the risk of Vitamin D deficiency. This can lead to rickets or defective bone growth.
6. School aged kids need 600 IU of Vitamin D daily.

Make sure your child is getting enough by including fortified milk with meals, using fortified breakfast cereals, eating fish such as tuna, mackerel or salmon, consuming egg yolks, and ensuring your children get 10-30 min of sunlight several times per week. You can talk with your child’s doctor to determine if your child is meeting their Vitamin D needs or if they may need a supplement.

DID YOU KNOW?

September is National Childhood Obesity Awareness Month

Families can get and stay healthy together! Moving together, eating together and finding new ways to get active can help families prevent childhood obesity and create good habits that can last a lifetime.

JOKE OF THE MONTH

What do you call an apple that plays the trumpet?
Answer at the bottom!

A TOOTY FRUITY!

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