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

**NOTE:** This institution is an equal opportunity provider.

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**NOVEMBER LOUISIANA MENU**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| B: Toast & Fruity Cream Cheese Spread  
  L: Chicken Fajita Burrito Bowl  
  Pico de Gallo Salad  | B: Breakfast Wrap  
  L: Beef & Bean Chili Tostitos Scoops Steamed Corn  | B: Cinnamon Roll  
  L: Chicken Strips Waffle Fries Veggie Mix w/ Ranch  | B: Sausage & Cheese English Muffin  
  L: Ham & Cheddar Sandwich  
  Sandwich Deli Salad  
  Broccoli Florets  | B: Warm Cinnamon Oatmeal  
  L: Chicken Parmesan w/ Penne Pasta  
  Garlic Breadstick Garden Salad  |
| 2               | 3             | 4                 | 5                | 6                  |
|                 |               |                   |                  |                    |
| B: Cheesy Breakfast Kolache  
  L: Chicken Parmesan Penne Pasta  
  Garlic Breadstick Garden Salad  | B: Pumpkin Cinnamon Oatmeal  
  L: Pizza Veggie Sticks Roasted Cauliflower  | B: Egg & Cheese Sandwich  
  L: Cheeseburger Waffle Fries Sandwich Deli Salad  | B: Mini Maple Chip Waffles  
  L: Boudin Roasted Okra & Tomatoes Southern Black-eyed Peas  | B: Strawberries and Cream w/ Graham Cracker Pack  
  L: Baja Street Tacos Coleslaw Steamed Corn  |
| 9               | 10            | 11                | 12               | 13                 |
|                 |               |                   |                  |                    |
| B: Toast & Fruity Cream Cheese Spread  
  L: Chicken Fajita Burrito Bowl  
  Pico de Gallo Salad  | B: Breakfast Wrap  
  L: Beef & Bean Chili Tostitos Scoops Steamed Corn  | B: Cinnamon Roll  
  L: Chicken Strips Waffle Fries Veggie Mix w/ Ranch  | B: Sausage & Cheese English Muffin  
  L: Roasted Turkey w/ Gravy, Rosemary Stuffing, Mashed Potatoes, Green Beans Almondine, Honey Wheat Roll  | B: Warm Cinnamon Oatmeal  
  L: Chicken Parmesan w/ Penne Pasta  
  Garlic Breadstick Garden Salad  |
| 16              | 17            | 18                | 19               | 20                 |
|                 |               |                   |                  |                    |
| B: Breakfast Meal Bundle  
  L: Lunch Meal Bundle  | B: Breakfast Meal Bundle  
  L: Lunch Meal Bundle  | B: Breakfast Meal Bundle  
  L: Lunch Meal Bundle  | B: Breakfast Meal Bundle  
  L: Lunch Meal Bundle  | B: Breakfast Meal Bundle  
  L: Lunch Meal Bundle  |
| 23              | 24            | 25                | 26               | 27                 |
|                 |               |                   |                  |                    |
| B: Toast & Fruity Cream Cheese Spread  
  L: Chicken Fajita Burrito Bowl  
  Pico de Gallo Salad  | B: Breakfast Meal Bundle  
  L: Lunch Meal Bundle  | B: Breakfast Meal Bundle  
  L: Lunch Meal Bundle  | B: Breakfast Meal Bundle  
  L: Lunch Meal Bundle  | B: Breakfast Meal Bundle  
  L: Lunch Meal Bundle  |
| 30              |               |                   |                  |                    |
|                 |               |                   |                  |                    |

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**OFFERED DAILY**

**AT BREAKFAST DAILY**
- Assorted Fresh Fruit
- FF Milk & 1% Milk
- Whole Grains

**AT LUNCH DAILY**
- Colorful Vegetables
- FF Milk & 1% Milk
- Assorted Fresh Fruit

**Legend**
- B: Breakfast
- L: Lunch
- FF: Fat Free

**SATURDAY MENU: Nov. 7th, Nov. 21st**
- B: Cereal & Cracker Pack  
  L: Bean & Cheese Burrito

**SUNDAY MENU: Nov. 8th, Nov. 22nd**
- B: Cereal & Cracker Pack  
  L: Hot Dog

**SATURDAY MENU: Nov. 14th, Nov. 28th**
- B: Cereal & Cracker Pack  
  L: BBQ Rib Sandwich

**SUNDAY MENU: Nov. 15th, Nov. 29th**
- B: Cereal & Cracker Pack  
  L: Hot Dog
TIP OF THE MONTH

In accordance with Federal Civil Rights law and U.S. Department of Agriculture (USDA) Civil Rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior credible activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

TIP OF THE MONTH

HARVEST OF THE MONTH

ROSEMARY

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.

Visit 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 CORNER

Is Fish healthy for my child?

Children need omega-3 fatty acids to build the structure of their brains starting from conception throughout our lifespan. Fish is also a good source of protein, iron, calcium, zinc and magnesium. It is recommended that adults eat 2-3 servings of fish weekly and kids should have 1-2 servings.

Some ideas for serving fish at home include:

1. **Homemade fish sticks**: Dip strips of cod or salmon in egg whites, coat with whole-wheat breadcrumbs, bake and serve with honey mustard sauce.
2. **Pasta salad**: Make a salad of canned fish, pasta, frozen vegetables and light Italian dressing.
3. **Fish Tacos**: Sprinkle Tilapia fillets with garlic and chili powder and grill or bake. Serve them in corn or whole wheat tortillas with sauteed peppers, onions and guacamole.

DID YOU KNOW?

**NOVEMBER** is National Diabetes Month

Did you know that only 1 in 10 American have diabetes BUT more than 84 million Americans are at risk for developing Type 2 Diabetes? This type of diabetes is preventable by making small changes in your life: move your body more, eat more fiber, choose whole grains, limit sugary drinks, and eating more nutritious foods. Getting your breakfast, lunch and supper at school is a great place to start living healthier, today!

**JOKE OF THE MONTH**

Why are fish so easy to weigh?

Answer at the bottom!

Because they have their own scales

This institution is an equal opportunity provider, employer, and lender.