



NOVEMBER

LOUISIANA MENU



MONDAY

2

- B** Toast & Fruity Cream Cheese Spread
- L** Chicken Fajita Burrito Bowl
Pico de Gallo Salad

9

- B** Cheesy Breakfast Kolache
- L** Chicken Parmesan Penne Pasta
Garlic Breadstick
Garden Salad

16

- B** Toast & Fruity Cream Cheese Spread
- L** Chicken Fajita Burrito Bowl
Pico de Gallo Salad

23

- B** Breakfast Meal Bundle
- L** Lunch Meal Bundle

30

- B** Toast & Fruity Cream Cheese Spread
- L** Chicken Fajita Burrito Bowl
Pico de Gallo Salad

TUESDAY

3

- B** Breakfast Wrap
- L** Beef & Bean Chili
Tostitos Scoops
Steamed Corn

10

- B** Pumpkin Cinnamon Oatmeal
- L** Pizza
Veggie Sticks
Roasted Cauliflower

17

- B** Breakfast Wrap
- L** Beef & Bean Chili
Tostitos Scoops
Steamed Corn

24

- B** Breakfast Meal Bundle
- L** Lunch Meal Bundle

NOTICE:

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

WEDNESDAY

4

- B** Cinnamon Roll
- L** Chicken Strips
Waffle Fries
Veggie Mix w/ Ranch

11

- B** Egg & Cheese Sandwich
- L** Cheeseburger
Waffle Fries
Sandwich Deli Salad

18

- B** Cinnamon Roll
- L** Chicken Strips
Waffle Fries
Veggie Mix w/ Ranch

25

- B** Breakfast Meal Bundle
- L** Lunch Meal Bundle

NOTE:

This institution is an equal opportunity provider

THURSDAY

5

- B** Sausage & Cheese English Muffin
- L** Ham & Cheddar Sandwich
Sandwich Deli Salad
Broccoli Florets

12

- B** Mini Maple Chip Waffles
- L** Boudin
Roasted Okra & Tomatoes
Southern Black-eyed Peas

19

- B** Sausage & Cheese English Muffin
- L** Roasted Turkey w/ Gravy, Rosemary Stuffing, Mashed Potatoes, Green Beans Almondine, Honey Wheat Roll

26

- B** Breakfast Meal Bundle
- L** Lunch Meal Bundle

FRIDAY

6

- B** Warm Cinnamon Oatmeal
- L** Chicken Parmesan w/ Penne Pasta
Garlic Breadstick
Garden Salad

13

- B** Strawberries and Cream w/ Graham Cracker Pack
- L** Baja Street Tacos
Coleslaw
Steamed Corn

20

- B** Warm Cinnamon Oatmeal
- L** Chicken Parmesan w/ Penne Pasta
Garlic Breadstick
Garden Salad

27

- B** Breakfast Meal Bundle
- L** Lunch Meal Bundle



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



CURBSIDE MEAL INFORMATION

IDEA Public Schools Child Nutrition Program is excited to provide meals to IDEA 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.

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

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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.

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

JOKE OF THE MONTH



Why are fish so easy to weigh?

Answer at the bottom!

A: Because they have their own scales

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!