



NOVEMBER

SUPPER MENU LOUISIANA- PK-12TH



MONDAY

2

Pizza
Celery Sticks

TUESDAY

3

Assorted Yogurt
Cinnamon Round
Sunflower Seeds
Vegetable of the Day

WEDNESDAY

4

Turkey Cubes
Cheese Cubes
Goldfish Crackers
Steamed Corn

THURSDAY

5

Turkey Wrap
Vegetable of the Day

FRIDAY

6

Chicken Nuggets
Goldfish Pretzels
Vegetable of the Day

9

Pizza
Celery Sticks

10

Assorted Yogurt
Cinnamon Round
Sunflower Seeds
Vegetable of the Day

11

Turkey Cubes
Cheese Cubes
Goldfish Crackers
Steamed Corn

12

Turkey Wrap
Vegetable of the Day

13

Chicken Nuggets
Goldfish Pretzels
Vegetable of the Day

16

Pizza
Celery Sticks

17

Assorted Yogurt
Cinnamon Round
Sunflower Seeds
Vegetable of the Day

18

Turkey Cubes
Cheese Cubes
Goldfish Crackers
Steamed Corn

19

Turkey Wrap
Vegetable of the Day

20

Chicken Nuggets
Goldfish Pretzels
Vegetable of the Day

23

Supper Bundle

24

Supper Bundle

25

Supper Bundle

26

Supper Bundle

27

Supper Bundle

30

Pizza
Celery Sticks



OFFERED DAILY

AT SUPPER

- Assorted Fresh Fruit
- FF Milk & 1% Milk
- Whole Grains
- Colorful Vegetables

SATURDAY MENU

Pepperoni, Cheese Stick and Pretzel
Bento Box
Vegetable of the Day

SUNDAY MENU

Pancake Sandwich
Cheese Stick
Vegetable of the Day

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



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

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.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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

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!