# FEBRUARY 2021 LOUISIANA MENU

## BREAKFAST & LUNCH

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>B Mini Maple Chip Waffles</td>
<td>B Strawberries &amp; Cream w/ Graham Cracker Pack</td>
<td>B Apple Cinnamon Oatmeal</td>
<td>B Cheesy Breakfast Kolache</td>
</tr>
<tr>
<td></td>
<td>L Bean &amp; Cheese Burrito Fresh Broccoli Florets</td>
<td>L Boudin Roasted Okra &amp; Tomatoes</td>
<td>L Teriyaki Chicken &amp; Rice Bowl Edamame</td>
<td>L Pizza Roasted Baby Carrots</td>
</tr>
<tr>
<td>8</td>
<td>B Cinnamon Round</td>
<td>B Toast &amp; Fruity Cream Cheese Spread</td>
<td>B Breakfast Wrap</td>
<td>B Sausage &amp; Cheese English Muffin</td>
</tr>
<tr>
<td></td>
<td>L Red Beans &amp; Rice Collard greens</td>
<td>L Beef &amp; Bean Chili Tostitos Scoops</td>
<td>L Chicken Fajita Bowl</td>
<td>L Ham &amp; Cheddar Sandwich Edamame</td>
</tr>
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<td>L Chicken Fajita Bowl</td>
<td>L Ham &amp; Cheddar Sandwich Celery sticks</td>
</tr>
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**OFFERED DAILY**

- Assorted Fresh Fruit
- FF Milk
- 1% Milk
- Whole Grains
- Assorted Cereal & Cracker Pack

**LEGEND**

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

## WEEKEND MEALS

**SATURDAY MENU:** Feb 6th & Feb 20th
- B: Corned & Cracker Pack
- L: Mini Chicken Tacos

**SUNDAY MENU:** Feb 7th & Feb 21st
- B: Corned & Cracker Pack
- L: Classic Cheeseburger

**SATURDAY MENU:** Feb 13th & Feb 27th
- B: Corned & Cracker Pack
- L: BBQ Rib Sandwich

**SUNDAY MENU:** Feb 14th & Feb 28th
- B: Corned & Cracker Pack
- L: Hot Dog
Harvest of the Month

BEETS

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, scholars will be able to try our chef created Harvest of the feature – Beet Salad!

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

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, sex, religious creed, disability, age, political beliefs, or reprisal or retaliation for prior credible information in any program or activity conducted or funded by USDA (not all bases apply to all programs). 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 Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may 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 complaint program of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at https://www.ascr.usda.gov/complaint_filing_cust, 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;
3. email: program.intake@usda.gov.

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