

# FEBRUARY 2021 LOUISIANA MENU

## BREAKFAST & LUNCH



### OFFERED DAILY AT BREAKFAST

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

### AT LUNCH

- Colorful Vegetables
- Assorted & Premium Fresh Fruit
- FF Milk & 1% Milk

### LEGEND

**B: Breakfast**

**L: Lunch**

**FF: Fat Free**

### WEEKEND MEALS

**SATURDAY MENU: Feb 6<sup>th</sup> & Feb 20<sup>th</sup>**

B: Cereal & Cracker Pack

L: Mini Chicken Tacos

**SUNDAY MENU: Feb 7<sup>th</sup> & Feb 21<sup>st</sup>**

B: Cereal & Cracker Pack

L: Classic Cheeseburger

**SATURDAY MENU: Feb 13<sup>th</sup> & Feb 27<sup>th</sup>**

B: Cereal & Cracker Pack

L: BBQ Rib Sandwich

**SUNDAY MENU: Feb 14<sup>th</sup> & Feb 28<sup>th</sup>**

B: Cereal & Cracker Pack

L: Hot Dog

#### MONDAY

1

**B** Mini Maple Chip Waffles

**L** Bean & Cheese Burrito  
Fresh Broccoli Florets

8

**B** Cinnamon Round

**L** Red Beans & Rice  
Collard greens

15

**B** Mini Maple Chip Waffles

**L** Bean & Cheese Burrito  
Fresh Broccoli Florets

22

**B** Cinnamon Round

**L** Red Beans & Rice  
Collard greens

#### TUESDAY

2

**B** Strawberries & Cream w/  
Graham Cracker Pack

**L** Boudin  
Roasted Okra &  
Tomatoes

9

**B** Toast & Fruity Cream  
Cheese Spread

**L** Beef & Bean Chili  
Tostitos Scoops

16

**B** Strawberries & Cream w/  
Graham Cracker Pack

**L** Boudin  
Roasted Okra &  
Tomatoes

23

**B** Toast & Fruity Cream  
Cheese Spread

**L** Beef & Bean Chili  
Tostitos Scoops

#### WEDNESDAY

3

**B** Apple Cinnamon  
Oatmeal

**L** Teriyaki Chicken & Rice  
Bowl  
Edamame

10

**B** Breakfast Wrap

**L** Chicken Fajita Bowl

17

**B** Apple Cinnamon  
Oatmeal

**L** Teriyaki Chicken & Rice  
Bowl  
Edamame

24

**B** Breakfast Wrap

**L** Chicken Fajita Bowl

#### THURSDAY

4

**B** Egg & Cheese Sandwich

**L** Crispy Fish Nuggets w/  
Sliced Bread  
Waffle fries

11

**B** Warm Cinnamon Oatmeal

**L** Chicken Parmesan

18

**B** Egg & Cheese Sandwich

**L** Crispy Fish Nuggets w/  
Sliced Bread  
Waffle fries

25

**B** Warm Cinnamon Oatmeal

**L** Chicken Parmesan

#### FRIDAY

5

**B** Cheesy Breakfast  
Kolache

**L** Pizza  
Roasted Baby Carrots

12

**B** Sausage & Cheese  
English Muffin

**L** Ham & Cheddar  
Sandwich  
Celery sticks

19

**B** Cheesy Breakfast  
Kolache

**L** Pizza  
Roasted Baby Carrots

26

**B** Sausage & Cheese  
English Muffin

**L** Ham & Cheddar  
Sandwich  
Celery sticks



## 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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- (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) (2) fax: (202) 690-7442; or
- (3) (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).
- (4) This institution is an equal opportunity provider.

## HARVEST OF THE MONTH

### BEETS



### BEET SALAD



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](https://IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP)

## VISIT OUR WEBSITE

The IDEA CNP website can be accessed at:



[IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP](https://IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP)

## JOKE OF THE MONTH

**What do you call someone who raps about vegetables?**



Answer at the bottom!

A. A beet-boxer!

## NUTRITION CORNER

### How sweet it is...or is it?

Did you know that the average adult in America consumes around 77 grams of sugar every day? That equals about 60 pounds of sugar per year! On the other hand, children in America consume around 81 grams of sugar per day or 65 pounds per year. The most common source of sugar comes from sugar sweetened beverages such as sodas, sports drinks such as Gatorade and juice. The American Heart Association recommends about 6 teaspoons of sugar per day for women/children and 9 teaspoons of sugar per day for men. For reference, one 12 oz soda contains 8 teaspoons of sugar. Eating and drinking too much sugar can increase your risk of various health concerns including high blood pressure, depression, Type 2 Diabetes, weight gain, and decreased energy levels. Simple swaps are a great and easy way to make a big difference



Some simple swaps you can do at home include:

- Replacing at least one soda with a sparkling or flavored water
- Choose fruit as one of your daily snacks
- Choosing dark chocolate (at least 70%) over milk or white chocolate

## DID YOU KNOW?

### February is American Heart Month!

Did you know that 1 in 5 teens in the U.S. has abnormal cholesterol? Higher than normal cholesterol in teens can put them at risk of heart disease, high blood pressure, and diabetes as they grow older. Therefore, February is dedicated to focusing on keeping our hearts healthy and strong! To keep your scholar's heart healthy as they grow, try:

1. **Getting breathless**- 30 minutes of active exercise, at least 5 days a week can keep your scholar's heart pumping the way it should
  2. **Moving as a family**- when everyone in the family gets involved, it's easier to build exercise into your daily schedule
  3. **Eating a heart-healthy diet**- switch from white to whole grain foods, include more greens in your meals, substitute beef for chicken or fish, and focus on eating low-fat dairy products
- Focusing on your heart now can help you stay healthy for the rest of your life!