### FEBRUARY 2021 LOUISIANA MENU

**SUPPER**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</thead>
<tbody>
<tr>
<td>1</td>
<td>Sunbutter, Apple Slices, &amp;</td>
<td>Sliced Turkey &amp; Tortilla</td>
<td>Pancake Sandwich</td>
<td>Bold Bites, Cheese Cubes</td>
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<td></td>
<td>Graham Crackers</td>
<td>Wrap Vegetable of the Day</td>
<td>Yogurt Vegetable of the Day</td>
<td>and Cheez-it’s</td>
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**OFFERED DAILY**

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

**SATURDAY MENU**

- Cheese Stick and Pretzels
- Vegetable of the Day

**SUNDAY MENU**

- Chicken Strips
- 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.
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

Beet Salad

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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

Focus on your heart now can help you stay healthy for the rest of your life!

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 in your family’s sugar intake and health!

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?

What do you call someone who raps about vegetables?

Answer at the bottom!