# FEBRUARY 2021 TEXAS MENU
## BREAKFAST AND LUNCH

<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 B</td>
<td>Mini Maple Chip Waffles</td>
<td>Apple Cinnamon Oatmeal</td>
<td>Ham, Egg &amp; Cheese Croissant</td>
<td>Cheesy Breakfast Kolache</td>
</tr>
<tr>
<td>L B</td>
<td>Bean &amp; Cheese Burrito Roasted Zucchini</td>
<td>Teriyaki Chicken &amp; Rice Bowl Edamame</td>
<td>Crispy Chicken Bites w/ Sliced Bread Waffle fries</td>
<td>Pizza Roasted Baby Carrots</td>
</tr>
<tr>
<td>8 B</td>
<td>Cinnamon Round</td>
<td>Breakfast Croissant</td>
<td>Warm Cinnamon Oatmeal</td>
<td>Sausage &amp; Cheese English Muffin</td>
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<tr>
<td>L L</td>
<td>Quesadilla</td>
<td>L</td>
<td>L</td>
<td>Ham &amp; Cheddar Sandwich</td>
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<td>Fresh Broccoli Florets</td>
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### 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

### WEEKEND MEALS

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

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

- **SATURDAY MENU:** Feb 13th & Feb 27th
  - B: Cereal & Cracker Pack
  - L: Pulled Pork Sandwich

- **SUNDAY MENU:** Feb 14th & Feb 28th
  - B: Cereal & Cracker Pack
  - L: Hot Dog

### NOTICE:

Due to COVID-19, product availability is not stable, and this menu is subject to change without notice based on availability.
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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To file a program complaint of discrimination, complete the Discrimination Complaint Form (AD-3027) found online at How to File a 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.

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 in your daily routine.

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

JOKE OF THE MONTH

What do you call someone who raps about vegetables?
Answer at the bottom!

VISIT OUR WEBSITE

The IDEA CNP website can be accessed at:
IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP

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

JOKE OF THE MONTH

Answer at the bottom! A. A beet-boxer!

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

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

FEARLESS IN THE KITCHEN

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