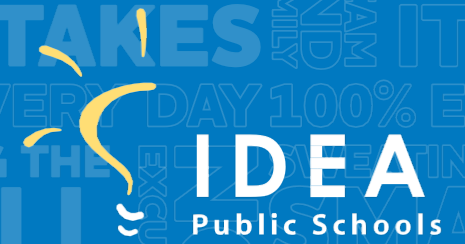


FEBRUARY 2021 TEXAS MENU

SUPPER



OFFERED DAILY

AT SUPPER

- 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

MONDAY

1

Sunbutter, Apple Slices, &
Graham Crackers
Vegetable of the Day

8

Sunbutter, Apple Slices, &
Graham Crackers
Vegetable of the Day

15

Sunbutter, Apple Slices, &
Graham Crackers
Vegetable of the Day

22

Sunbutter, Apple Slices, &
Graham Crackers
Vegetable of the Day

TUESDAY

2

Pepperoni Pinwheel
Vegetable of the Day

9

Pepperoni Pinwheel
Vegetable of the Day

16

Pepperoni Pinwheel
Vegetable of the Day

23

Pepperoni Pinwheel
Vegetable of the Day

WEDNESDAY

3

Corn Dog
Vegetable of the Day

10

Corn Dog
Vegetable of the Day

17

Corn Dog
Vegetable of the Day

24

Corn Dog
Vegetable of the Day

THURSDAY

4

Pancake Sandwich
Yogurt
Vegetable of the Day

11

Pancake Sandwich
Yogurt
Vegetable of the Day

18

Pancake Sandwich
Yogurt
Vegetable of the Day

25

Pancake Sandwich
Yogurt
Vegetable of the Day

FRIDAY

5

Bold Bites, Cheese Cubes
and Cheez-it's
Vegetable of the Day

12

Bold Bites, Cheese Cubes
and Cheez-it's
Vegetable of the Day

19

Bold Bites, Cheese Cubes
and Cheez-it's
Vegetable of the Day

26

Bold Bites, Cheese Cubes
and Cheez-it's
Vegetable of the Day



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 civil rights activity in any program or activity conducted or funded by USDA.

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 program complaint of discrimination, complete the [USDA Program 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) (2) fax: (202) 690-7442; or
- (3) (3) email: 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

VISIT OUR WEBSITE

The IDEA CNP website can be accessed at:



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!