March 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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**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.
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 – Zucchini and Tomato Mock-tatta!

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

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**HARVEST OF THE MONTH**

**ZUCCHINI**

Fresh Zucchini

Zucchini and Tomato Mock-tatta

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**NUTRITION CORNER**

**BREAKFAST = SUCCESS**

Studies have shown that students who regularly eat a healthy, balanced breakfast are more likely to maintain a healthy body weight, have improved memory and attention, score higher on tests, and have more energy overall throughout the day. At IDEA, our goal is to get scholars to and through college, which is why we offer FREE BREAKFAST for ALL students both in school and curbside. You can also prepare a healthy and balanced breakfast at home, by trying one of these delicious recipes:

- **Fruit and Granola Parfait**: Layer plain or vanilla nonfat yogurt, fruit of your choice (such as berries or bananas) and low sugar granola in a bowl and enjoy! For a boost of extra protein, swap nonfat yogurt for your favorite Greek yogurt.
- **Peanut Butter Oatmeal**: Prepare oatmeal according to package directions in a microwave-safe bowl. Top with a dollop of peanut butter, sliced or diced apples, and a drizzle of honey or maple syrup and enjoy! For an allergen-friendly dish, swap peanut butter with one of our favorites- sunflower butter!

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**VISIT OUR WEBSITE**

The IDEA CNP website can be accessed at:

IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP

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**JOKE OF THE MONTH**

What’s a zucchini’s favorite sport?

Answer at the bottom!

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**DID YOU KNOW?**

March is National School Breakfast Week

IDEA Public Schools will celebrate National School Breakfast Week (NSBW) starting March 22nd through March 26th! We have an exciting menu planned for all students who participate in-school and curbside. Students can look forward to a STELLAR week of new, exciting OUT-OF-THIS-WORLD menu items. On Wednesday, we will celebrate TWICE as we feature the BIG DIPPER BREAKFAST BOWL for lunch! This hearty breakfast-for-lunch meal will feature Scrambled Eggs, Sausage Links, a Whole Grain Biscuit and Red Potato Hash, paired with fresh fruit and your milk of choice. Encourage your child to participate all week long and try our fun and exciting NSBW 2021 Menu.

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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.

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