# March 2021 Texas Menu

## Breakfast & Lunch

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>B: Mini Maple Chip Waffles</td>
<td>B: Fresca con Crema &amp; Graham Crackers</td>
<td>B: Apple Cinnamon Oatmeal</td>
<td>B: Ham, Egg &amp; Cheese Croissant</td>
<td>B: Cheesy Breakfast Kolache</td>
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<tr>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td>12</td>
</tr>
<tr>
<td>B: Cinnamon Round</td>
<td>B: Toast &amp; Fruity Cream Cheese Spread</td>
<td>B: Breakfast Croissant</td>
<td>B: Warm Cinnamon Oatmeal</td>
<td>B: Sausage &amp; Cheese English Muffin</td>
</tr>
<tr>
<td>L: Quesadilla Green Beans</td>
<td>L: Beef &amp; Bean Chili Tostitos Scoops</td>
<td>L: Chicken Fajita Bowl</td>
<td>L: Chicken Parmesan</td>
<td>L: Ham &amp; Cheddar Sandwich Fresh Broccoli Florets</td>
</tr>
<tr>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
</tr>
<tr>
<td>B: Mini Maple Chip Waffles</td>
<td>B: Fresca con Crema &amp; Graham Cracker Pack</td>
<td>B: Apple Cinnamon Oatmeal</td>
<td>B: Ham, Egg &amp; Cheese Croissant</td>
<td>B: Cheesy Breakfast Kolache</td>
</tr>
<tr>
<td>L: Bean &amp; Cheese Burrito Roasted Zucchini</td>
<td>L: Pasta &amp; Meat Sauce Parmesan Broccoli</td>
<td>L: Teriyaki Chicken &amp; Rice Bowl Edamame</td>
<td>L: Crispy Chicken Bites w/ Sliced Bread Waffle fries</td>
<td>L: Pizza Roasted Baby Carrots</td>
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<tr>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
<td>26</td>
</tr>
<tr>
<td>B: ORBITING OATMEAL BREAKFAST HEART</td>
<td>B: BIG BANG BREAKFAST TACO</td>
<td>B: INTERSTELLAR IDEA MUFFIN TOPS</td>
<td>B: VERY BERRY BLAST-OFF PARFAIT</td>
<td>B: PLANETARY PANINI</td>
</tr>
<tr>
<td>L: Quesadilla Green Beans</td>
<td>L: Beef &amp; Bean Chili Tostitos Scoops</td>
<td>L: BIG DIPPER BREAKFAST BOWL</td>
<td>L: Chicken Parmesan</td>
<td>L: Ham &amp; Cheddar Sandwich w/ Broccoli Florets</td>
</tr>
</tbody>
</table>

**National School Breakfast Week March 22nd – March 26th**

**Spring Break Schedule:**
- **San Antonio:** 3/8 – 3/12
- **RGV, Austin, El Paso, Houston & Tarrant County:** 3/15 – 3/19

Please note that Spring Break Meal Bundles will be available to provide food for the week of your regional Spring Break. Please contact your campus for more information on meal pick up times and dates.

### 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:** MAR 6th & MAR 20th
- B: Cereal & Cracker Pack
  - L: Mini Chicken Tacos

**SUNDAY MENU:** MAR 7th & MAR 21st
- B: Cereal & Cracker Pack
  - L: Classic Cheese Spread

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

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

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**NOTICE:**

Due to COVID-19, product availability is not stable, and this menu is subject to change without notice based on availability.
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

**ZUCCHINI**

FRESH ZUCCHINI

Zucchini and Tomato Mock-tatta

**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- sun butter!

**Harvest of the Month 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.