## May 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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<tbody>
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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 month, Tomato Salad!

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

It is officially May and that means longer days and warmer temperatures! While outside, be sure to stay hydrated by drinking plenty of water. Here are some tips to keep you and your family hydrated in the summer heat:

1. Evite las bebidas azucaradas y con cafeína: las bebidas como el café, los refrescos y el té dulce actúan contra la hidratación. Beber estos significa que no solo está ingiriendo una gran cantidad de azúcar y calorías, sino que es posible que su sed no se apague porque las bebidas con cafeína extraen agua del cuerpo, lo que puede promover la deshidratación.

2. Eat Foods with High Water Content: About 20% of water intake comes from foods we eat! Summer is a great time to snack on healthy fruits and veggies that have a high-water content. Snack on chilled cucumbers, watermelon, berries, and grapefruit.

3. Make water fun and flavorful: Add some flavor to your water in a fun, healthy way with fresh produce and herbs. Try peeled, sliced cucumber and limes or berries and mint. Have fun and create your own flavor combinations.

Try a few of these ideas to help when you’re not feeling your best:

- Visualize a calm, quiet space and take a few minutes to listen to your breathing.
- Drink water- dehydration has been linked to lowered mental performance
- Paint it out- give your mind and body something to focus on while expressing your emotions
- Talk it out- sometimes families just need to voice their feelings and have another person understand.

For more information, questions, concerns or feedback, please contact your Cafeteria Manager at school every day, choosing both fruit and vegetables when they go through the line.

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