

May 2021 Louisiana Menu

Supper

IDEA
Public Schools



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

3

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

10

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

17

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

24

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

31

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

TUESDAY

4

Pizza
Vegetable of the Day

11

Pizza
Vegetable of the Day

18

Pizza
Vegetable of the Day

25

Pizza
Vegetable of the Day

WEDNESDAY

5

Sliced Turkey & Tortilla
Wrap
Vegetable of the Day

12

Sliced Turkey & Tortilla
Wrap
Vegetable of the Day

19

Sliced Turkey & Tortilla
Wrap
Vegetable of the Day

26

Sliced Turkey & Tortilla
Wrap
Vegetable of the Day

THURSDAY

6

Pancake Sandwich
Yogurt
Vegetable of the Day

13

Pancake Sandwich
Yogurt
Vegetable of the Day

20

Pancake Sandwich
Yogurt
Vegetable of the Day

27

Pancake Sandwich
Yogurt
Vegetable of the Day

FRIDAY

7

Bold Bites, Cheese
Cubes and Cheez-it's

14

Bold Bites, Cheese
Cubes and Cheez-it's

21

Bold Bites, Cheese
Cubes and Cheez-it's

28

Bold Bites, Cheese
Cubes and Cheez-it's



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.

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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

TOMATO



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 – Tomato Salad!

Harvest of the month resources can be accessed by clicking [HERE](https://www.ideapublicschools.org/parents/cnp) or visiting [IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP](https://www.ideapublicschools.org/parents/cnp)

VISIT OUR WEBSITE

The IDEA CNP website can be accessed at:



[IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP](https://www.ideapublicschools.org/parents/cnp)

JOKE OF THE MONTH

What kind of key can't open doors?



Answer at the bottom!

A Tur-Key!

NUTRITION CORNER

Every Sip Counts!



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. Avoid sugary, caffeinated drinks: Drinks like coffee, sodas, and sweet tea work against hydration. Drinking these means that not only are you taking in a lot of sugar and calories, but your thirst may not be quenched because caffeinated beverages pull water from the body which can promote dehydration.
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.

DID YOU KNOW?

May is National Mental Health Awareness Month

This school year has been challenging for students, parents, and educators and we're taking the time in May to recognize and work on our Mental Health.

Stress from school, work, and even the continuing pandemic can impact families and scholars in different ways. From acting out, to feeling more tired than usual, and even not being able to sleep- all can be caused by stress.

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