# May 2021 Louisiana Menu Breakfast & Lunch



MONDAY	TUESDSAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> B Cinnamon Round	<b>4</b> B Toast & Fruity Cream Cheese Spread	5 B Breakfast Wrap	<b>6</b> B Warm Cinnamon Oatmeal	7 B Sausage & Cheese English Muffin
L Red Beans & Rice Collard greens	L Beef & Bean Chili Tostitos Scoops	L Chicken Fajita Bowl	L Chicken Parmesan	L Ham & Cheddar Sandwich, Celery Sticks
10	11	12	13	14
B Mini Maple Chip Waffles	B Strawberries & Cream w/ Graham Cracker Pack	B Apple Cinnamon Oatmeal	B Egg & Cheese Sandwich	B Breakfast Wrap
L Grilled Cheese Sandwich Roasted Okra & Tomatoes	L Pasta and Meat Sauce Parmesan Broccoli	L Teriyaki Chicken & Rice Bowl Edamame	L Crispy Fish Nuggets w/ Sliced Bread Waffle fries	L Pizza Roasted Baby Carrots
17	18	19	20	21
B Cinnamon Round	B Toast & Fruity Cream Cheese Spread	B Breakfast Wrap	B Warm Cinnamon Oatmeal	B Sausage & Cheese English Muffin
L Red Beans & Rice Collard greens	L Beef & Bean Chili Tostitos Scoops	L Chicken Fajita Bowl	L Chicken Strip Sandwich Carrot & Ranch Cup	L Ham & Cheddar Sandwich Celery sticks
24	25	26	27	28
B Mini Maple Chip Waffles	B Strawberries & Cream w/ Graham Cracker Pack	B Apple Cinnamon Oatmeal	B Egg & Cheese Sandwich	B Breakfast Wrap
L Bean & Cheese Burrito Fresh Broccoli Florets	L Pasta and Meat Sauce Parmesan Broccoli	L Teriyaki Chicken & Rice Bowl Edamame	L Crispy Fish Nuggets w/ Sliced Bread Waffle fries	L Pizza Harvest of the Month! Tomato Salad
31				
B Cinnamon Round				
L Red Beans & Rice Collard greens				

This institution is an equal opportunity provider.

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





### OFFERED DAILY AT BREAKFAST

- Assorted Fresh Fruit
- FF Milk

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- 1% Milk
- Whole Grains
- Assorted Cereal & Cracker Pack

#### **AT LUNCH**

- Colorful Vegetables
- Assorted & Premium Fresh Fruit
- FF Milk & 1% Milk

#### LEGEND

B: Breakfast L: Lunch

**FF: Fat Free** 

#### WEEKEND MEALS

SATURDAY MENU: 5/1, 5/15, 5/29 B: Cereal & Cracker Pack L: Mini Chicken Tacos SUNDAY MENU: 5/2, 5/16, 5/30 B: Cereal & Cracker Pack L: Classic Cheeseburger

#### SATURDAY MENU: 5/8, 5/22 B: Cereal & Cracker Pack

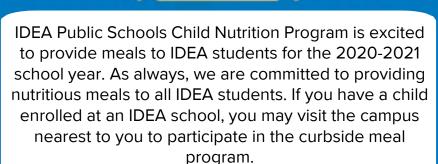
L: BBQ Rib Sandwich SUNDAY MENU: 5/9, 5/23

B: Cereal & Cracker Pack L: Hot Dog





## **CURBSIDE MEAL** INFORMATION



For more information. guestions, concerns or feedback, please contact your Cafeteria Manager

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- (3) (3) email: program.intake@usda.gov.
- (4) This institution is an equal opportunity provider.

### HARVEST OF THE MONTH

#### ΤΟΜΑΤΟ



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 ٠

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 or visiting IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP



The IDEA CNP website can be accessed at:



IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP

### JOKE OF THE MONTH

#### What kind of key can't open doors?



Answer at the bottom!

A Tur-key!



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:

- pull water from the body which can promote dehydration.

### **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:

- 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
- person understand

### NUTRITION CORNER

#### **Every Sip Counts!**

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 guenched because caffeinated beverages

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 highwater 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.

Visualize a calm, quiet space and take a few minutes to listen to your breathing.

Talk it out- sometimes families just need to voice their feelings and have another