

May 2021 Louisiana Menu

Breakfast & Lunch

MONDAY

3

- B** Cinnamon Round
- L** Red Beans & Rice
Collard greens

10

- B** Mini Maple Chip Waffles
- L** Grilled Cheese Sandwich
Roasted Okra &
Tomatoes

17

- B** Cinnamon Round
- L** Red Beans & Rice
Collard greens

24

- B** Mini Maple Chip Waffles
- L** Bean & Cheese Burrito
Fresh Broccoli Florets

31

- B** Cinnamon Round
- L** Red Beans & Rice
Collard greens

TUESDAY

4

- B** Toast & Fruity Cream
Cheese Spread
- L** Beef & Bean Chili
Tostitos Scoops

11

- B** Strawberries & Cream w/
Graham Cracker Pack
- L** Pasta and Meat Sauce
Parmesan Broccoli

18

- B** Toast & Fruity Cream
Cheese Spread
- L** Beef & Bean Chili
Tostitos Scoops

25

- B** Strawberries & Cream w/
Graham Cracker Pack
- L** Pasta and Meat Sauce
Parmesan Broccoli

WEDNESDAY

5

- B** Breakfast Wrap
- L** Chicken Fajita Bowl

12

- B** Apple Cinnamon
Oatmeal
- L** Teriyaki Chicken & Rice
Bowl
Edamame

19

- B** Breakfast Wrap
- L** Chicken Fajita Bowl

26

- B** Apple Cinnamon
Oatmeal
- L** Teriyaki Chicken & Rice
Bowl
Edamame

THURSDAY

6

- B** Warm Cinnamon
Oatmeal
- L** Chicken Parmesan

13

- B** Egg & Cheese Sandwich
- L** Crispy Fish Nuggets w/
Sliced Bread
Waffle fries

20

- B** Warm Cinnamon
Oatmeal
- L** Chicken Strip Sandwich
Carrot & Ranch Cup

27

- B** Egg & Cheese Sandwich
- L** Crispy Fish Nuggets w/
Sliced Bread
Waffle fries

FRIDAY

7

- B** Sausage & Cheese
English Muffin
- L** Ham & Cheddar
Sandwich, Celery Sticks

14

- B** Breakfast Wrap
- L** Pizza
Roasted Baby Carrots

21

- B** Sausage & Cheese
English Muffin
- L** Ham & Cheddar
Sandwich
Celery sticks

28

- B** Breakfast Wrap
- L** Pizza
Harvest of the Month!
Tomato Salad



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

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

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



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

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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](#) or visiting IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP

VISIT OUR WEBSITE

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!

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