



AUGUST 2021

PRE-K BREAKFAST & LUNCH MENU

BATON ROUGE & NEW ORLEANS



OFFERED DAILY

AT BREAKFAST

- Assorted Fresh Fruit
- FF Milk
- 1% Milk
- Whole Grains
- Assorted Cereal & Cracker Pack

AT LUNCH

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

LEGEND

B: Breakfast

L: Lunch

FF: Fat Free

NOTICE:

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

This institution is an equal opportunity provider.

MONDAY

2

NO MEAL SERVICE

9

- B Granola & Greek Yogurt Cup
- L Cheddar Grilled Cheese Creamy Tomato Basil Soup

16

- B French Toast Sticks
- L Golden Chicken Strips Rustic Mashed Potatoes

23

- B Cereal & Cracker Pack
- L Veggie Pizza Crispy Ranch Cauliflower

30

- B French Toast Sticks
- L Golden Chicken Strips Rustic Mashed Potatoes

TUESDAY

3

NO MEAL SERVICE

10

- B Overnight PBJ Oats
- L Chicken Parmesan w/ Homemade Marinara

17

- B Butter Biscuit Sticks with Apple Butter
- L Lasagna Rollup

24

- B Cereal & Cracker Pack
- L Crispy Fish Nuggets Coleslaw

31

- B Butter Biscuit Sticks with Apple Butter
- L Lasagna Rollup

WEDNESDAY

4

- B Cheesy Breakfast Kolache
- L Chicken Wing Basket Waffle Fries

11

- B Bacon, Egg & Cheese Breakfast Taco
- L Bean & Beef Chili Tostitos Scoops

18

- B Smoothie & Granola Pack
- L Chicken Pastalaya

25

- B Cheesy Breakfast Kolache
- L Chicken Wing Basket Waffle Fries

Sept. 1st

- B Smoothie & Granola Pack
- L Chicken Pastalaya

THURSDAY

5

- B Fresh Fruit Parfait
- L Broccoli Beef Not-so-fried "Rice"

12

- B Mini Maple Chip Waffles
- L BBQ Chicken Potato Salad

19

- B Avocado/Nut Butter Toast
- L Chicken & Rice Stewed White Beans & Kale

26

- B Fresh Fruit Parfait
- L Broccoli Beef Not-so-fried "Rice"

Sept. 2nd

- B Avocado/Nut Butter Toast
- L Chicken & Rice Stewed White Beans & Kale

FRIDAY

6

- B Sausage, Egg and Cheese BoB
- L Crispy Chicken Sandwich Parmesan Carrot Fries

13

- B Canadian Turkey Ham and Swiss Croissant
- L Pizza Roasted Garlic Green Beans

20

- B Turkey Bacon, Egg & Cheese Croissant
- L Beef Steak & Swiss Burger Sweet Potato Puffs

27

- B Sausage, Egg and Cheese BoB
- L Crispy Chicken Sandwich Parmesan Carrot Fries

Sept. 3rd

- B Turkey Bacon, Egg & Cheese Croissant
- L Beef Steak & Swiss Burger Sweet Potato Puffs





Welcome Message from the CNP

IDEA Public Schools Child Nutrition Program is excited to provide meals to IDEA students in Texas, Louisiana, and Florida for the 2021-2022 school year.

As always, we are committed to offering delicious, nutritious meals to all IDEA Scholars.

If you have 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.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

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

YELLOW SQUASH



Harvest of the Month was created by IDEA CNP to highlight seasonal vegetables. Each month, you can look forward to online resources including:

- Family-friendly recipes
- Printable activities, and
- Nutrition tidbits about our monthly harvest

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 do you call a fake noodle?



Answer at the bottom!

A An IMPASTAI

NUTRITION CORNER

START SMART WITH IDEA BREAKFAST



With kids returning to school, breakfast plays a vital role in their school success whether consumed on campus or from home. IDEA Public Schools offers FREE breakfast to all students Monday – Friday. Parents can be assured that all IDEA breakfasts offer balanced nutrition including:

- Whole grain items for a fiber and carbohydrate boost to keep you full throughout the day.
- Fresh fruit and 100% fruit juice packed with vitamins and minerals to help scholars focus in the classroom
- 1% and fat free white milk that adds protein to keep muscles and brains recharged until the next meal.

DID YOU KNOW?

AUGUST IS NATIONAL IMMUNIZATION MONTH

As scholars prepare for the First Day of School be sure they are up to date with their vaccines too!

Vaccines help to prevent childhood illnesses and are the best way to keep scholars safe and healthy as they enter a new school year.

Talk to your child's doctor to find out what vaccines they might be missing or reach out to your campus Health Aide for more information.



AUGUST 2021

K-12 BREAKFAST & LUNCH MENU

BATON ROUGE & NEW ORLEANS



OFFERED DAILY

AT BREAKFAST

- Assorted Fresh Fruit
- FF Milk
- 1% Milk
- Whole Grains
- Assorted Cereal & Cracker Pack

AT LUNCH

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

LEGEND

B: Breakfast

L: Lunch

FF: Fat Free

NOTICE:

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MONDAY

2

NO MEAL SERVICE

9

- B Granola & Greek Yogurt Cup
- L Cheddar Grilled Cheese Creamy Tomato Basil Soup Roasted Root Vegetables

16

- B French Toast Sticks
- L Golden Chicken Strips Rustic Mashed Potatoes Cucumber Tomato Salad

23

- B Breakfast Heart
- L Veggie Pizza Crispy Ranch Cauliflower Garden Salad with Crispy Chickpeas

30

- B French Toast Sticks
- L Golden Chicken Strips Rustic Mashed Potatoes Cucumber Tomato Salad

TUESDAY

3

NO MEAL SERVICE

10

- B Overnight PBJ Oats
- L Chicken Parmesan w/ Homemade Marinara Garlic Breadstick

17

- B Butter Biscuit Sticks with Apple Butter
- L Lasagna Rollup Garlic Breadstick Mixed Greens w/ Strawberry Dressing and Pecans

24

- B Cocoa Zucchini Muffin Top
- L Crispy Fish Nuggets Coleslaw Roasted Okra & Tomatoes

31

- B Butter Biscuit Sticks with Apple Butter
- L Lasagna Rollup Garlic Breadstick Mixed Greens w/ Strawberry Dressing and Pecans

WEDNESDAY

4

- B Cheesy Breakfast Kolache
- L Chicken Wing Basket Waffle Fries

11

- B Bacon, Egg & Cheese Breakfast Taco
- L Bean & Beef Chili Tostitos Scoops

18

- B Smoothie & Granola Pack
- L Chicken Pastalaya Corn Maque Choux

25

- B Cheesy Breakfast Kolache
- L Chicken Wing Basket Waffle Fries Honey Wheat Roll Veggie Ranch Cup

Sept. 1st

- B Smoothie & Granola Pack
- L Chicken Pastalaya Corn Maque Choux

THURSDAY

5

- B Fresh Fruit Parfait
- L Broccoli Beef Not-so-fried "Rice"

12

- B Mini Maple Chip Waffles
- L BBQ Chicken Potato Salad Homemade Pickles

19

- B Avocado/Nut Butter Toast
- L Chicken & Rice Stewed White Beans & Kale Roasted Zucchini

26

- B Fresh Fruit Parfait
- L Broccoli Beef Not-so-fried "Rice" Cold Edamame Salad

Sept. 2nd

- B Avocado/Nut Butter Toast
- L Chicken & Rice Stewed White Beans & Kale Roasted Zucchini

FRIDAY

6

- B Sausage, Egg and Cheese BoB
- L Crispy Chicken Sandwich Parmesan Carrot Fries

13

- B Canadian Turkey Ham and Swiss Croissant
- L Pizza Roasted Garlic Green Beans Veggie Ranch Cup

20

- B Turkey Bacon, Egg & Cheese Croissant
- L Beef Steak & Swiss Burger Sweet Potato Puffs Deluxe Deli Salad

27

- B Sausage, Egg and Cheese BoB
- L Crispy Chicken Sandwich Parmesan Carrot Fries Deluxe Deli Salad

Sept. 3rd

- B Turkey Bacon, Egg & Cheese Croissant
- L Beef Steak & Swiss Burger Sweet Potato Puffs Deluxe Deli Salad





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