

SEPTEMBER 2021

K-12TH BREAKFAST & LUNCH MENU

Tampa Bay



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MONDAY

TUESDAY

September 1st
B Bacon, Egg & Cheese Breakfast Taco
L Bean & Beef Chili
 Tostitos Scoops
 Corn and Red Bell Pepper Salad

September 2nd
B Mini Maple Chip Waffles
L BBQ Chicken
 Potato Salad
 Sliced Wheat Bread
 Homemade Pickles

September 3rd
B Canadian Turkey Ham and Swiss Croissant
L Pizza
 Veggie Ranch Cup
 Roasted Garlic Green Beans

September 6th
Labor Day
No School

September 7th
B French Toast
L Golden Chicken Strips
 Honey Wheat Roll
 Rustic Mashed Potatoes
 Cucumber Tomato Salad

September 8th
B Smoothie & Granola Pack
L Breaded Fish Tacos
 Street Corn
 Pico de Gallo

September 9th
B Avocado/Nut Butter Toast
L Chicken & Rice
 Stewed White Beans & Kale
 Roasted Zucchini

September 10th
B Turkey Bacon, Egg & Cheese Croissant
L Beef Steak Swiss Burger
 Sweet Potato Puffs
 Deluxe Deli Salad

September 13th
B Breakfast Round
L Veggie Pizza
 Crumbly Cauliflower
 Garden Salad with Crispy Chickpeas

September 14th
B Cocoa Zucchini Muffin Top
L Cubano Sandwich w/ Tangy Mustard Sauce
 Sweet Potato Puffs
 Coleslaw

September 15th
B Chicken Sausage Pancake Sandwich
L Chicken Dippers
 Honey Wheat Roll
 Veggie Ranch Cup
 Waffle Fries

September 16th
B Fresh Fruit Parfait
L Broccoli Beef
 Not-so-fried "Rice"
 Dragon Edamame Salad

September 17th
B Sausage, Egg and Cheese BoB
L Crispy Chicken Sandwich
 Deluxe Deli Salad
 Parmesan Carrot Fries

September 20th
B Granola & Greek Yogurt Cup
L Cheddar Grilled Cheese
 Creamy Tomato Basil Soup
 Roasted Root Vegetables

September 21st
B Overnight PBJ Oats
L Chicken Parmesan w/ Homemade Marinara
 Garlic Breadstick
 Garden Salad w/Crispy Chickpeas

September 22nd
B Bacon, Egg & Cheese Breakfast Taco
L Bean & Beef Chili
 Tostitos Scoops
 Corn & Red Bell Pepper Salad

September 23rd
B Mini Maple Chip Waffles
L BBQ Chicken
 Potato Salad
 Sliced Wheat Bread
 Homemade Pickles

September 24th
B Canadian Turkey Ham and Swiss Croissant
L Pizza
 Veggie Ranch Cup
 Roasted Garlic Green Beans

September 27th
B French Toast
L Golden Chicken Strips
 Honey Wheat Roll
 Rustic Mashed Potatoes
 Cucumber Tomato Salad

September 28th
B Butter Biscuit Sticks with Apple Butter
L Lasagna Rollup
 Garlic Breadstick
 Mixed Greens w/ Strawberry Dressing and Pecans

September 29th
B Smoothie & Granola Pack
L Breaded Fish Tacos
 Street Corn
 Pico de Gallo

September 30th
B Avocado/Nut Butter Toast
L Chicken & Rice
 Stewed White Beans & Kale
HARVEST OF THE MONTH VEGGIE

October 1st
B Turkey Bacon, Egg & Cheese Croissant
L Beef Steak & Swiss Burger
 Sweet Potato Puffs
 Deluxe Deli Salad



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:

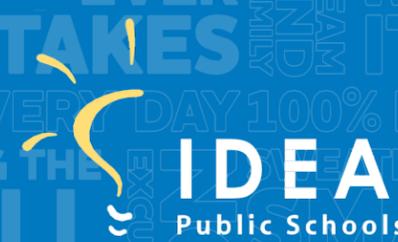
Due to COVID 19, product availability is not stable, and this menu is subject to change without notice based on availability

This institution is an equal opportunity provider.

SEPTEMBER 2021 / SEPTIEMBRE 2021

K-12TH SALAD BOX MENU

K-12TH MENU DE CAJAS DE ENSALADA



Monday / Lunes

Chicken Caesar Salad Box
Caja de ensalada César de pollo



Tuesday/ Martes

Taco Salad Box
Caja de ensalada de taco

Wednesday / Miercoles

Greek Salad Box
Caja de ensalada griega

Friday / Viernes

Pasta Salad Box / Manager's Choice
Caja de ensalada de pasta
○
Elección del gerente

Thursday / Jueves

Tuna Salad Box
Caja de ensalada de atún

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

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Note: Please contact the Cafeteria Manager for additional information /
Nota: comuníquese con el gerente de la cafetería para obtener información adicional.



Menu Survey Coming in Late September!

Students & Parents, we want your feedback about the menu!

In late September, the IDEA Child Nutrition Program will have a menu survey available for all students and parents so they can share their feedback about the menu. This feedback helps us create our menus and recipes! More information about the survey will be shared later this month.

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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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

OKRA



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!

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NUTRITION CORNER

BOOST YOUR IMMUNE SYSTEM



With schools fully back and kids sharing spaces, cold and flu season is around the corner. Follow these easy steps to give your immune system a boost!

- Make sure immunizations are up to date!
- Consume high vitamin fruits/vegetables throughout the year such as oranges, broccoli, kiwi, strawberries, tomatoes, and snow peas.
- Keep fluid intake high to flush out any foreign substances that enter our body.

DID YOU KNOW?

September is National Childhood Obesity Awareness Month!



Families can get and stay healthy together! Moving together, eating healthy together, and finding new ways to get active can help families prevent childhood obesity and create good habits that can last a lifetime.

Check out this year's Healthy Kids Here Cookbook for some recipe ideas by entering the web address below into your web browser

https://issuu.com/ideapublicschools/docs/hkh_2020_cookbook

If viewing this online, click the image above or the hyperlink below to access the cookbook. https://issuu.com/ideapublicschools/docs/hkh_2020_cookbook