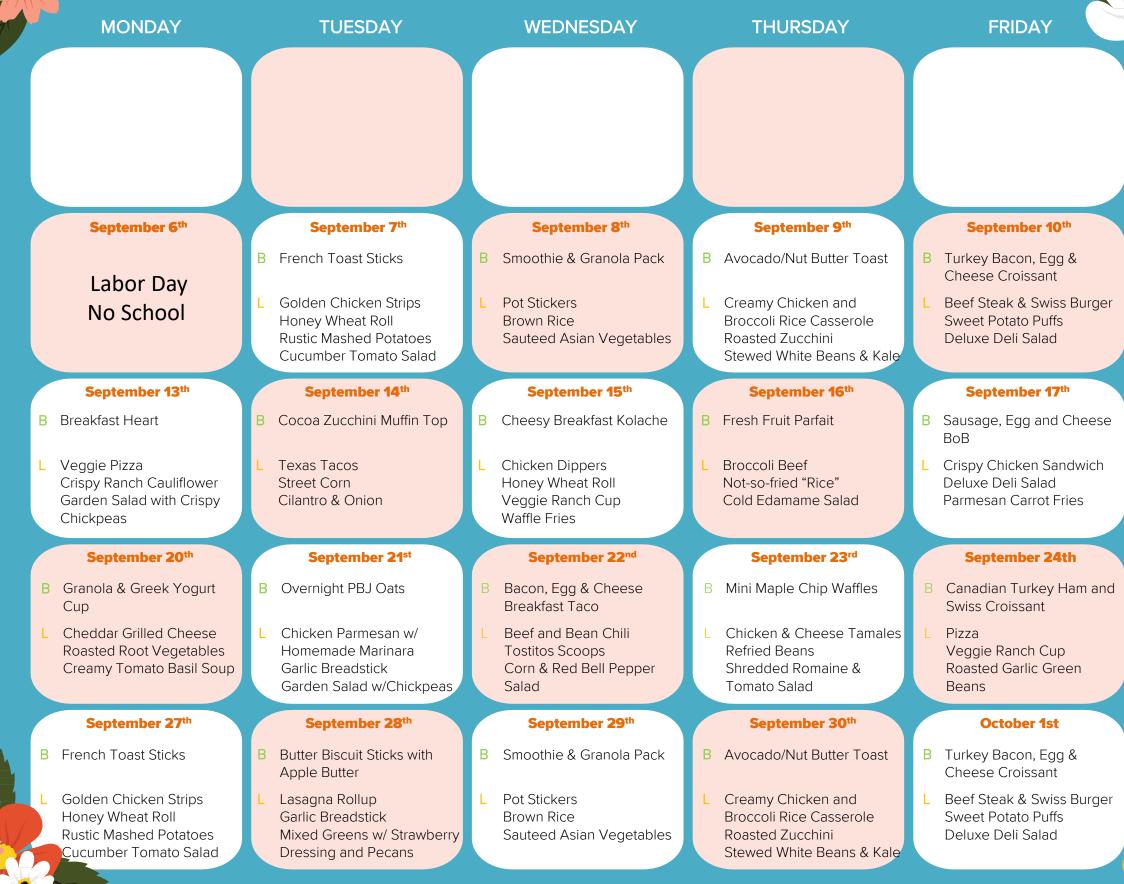
# SEPTEMBER 2021 K-12<sup>TH</sup> GRADE BREAKFAST & LUNCH MENU

**AUSTIN / HOUSTON / TARRANT CO.** 



## IDEA Public Schools



#### **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

## NOTICE:

LEGEND

**B: Breakfast** 

L: Lunch

**FF: Fat Free** 

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-12<sup>TH</sup> SALAD BOX MENU K-12<sup>TH</sup> 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 O Elección del gerente

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

#### Thursday / Jueves

Tuna Salad Box

Caja de ensalada de atún



## IDEA Public Schools



#### **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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## **SEPTEMBER 2021** K-12<sup>TH</sup> SUPPER MENU **AUSTIN / HOUSTON / TARRANT CO.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		September 1 <sup>st</sup> Turkey Cubes Cheese Cubes Tostitos Salsa	September 2 <sup>nd</sup> Pizza Cherry Tomatoes	Bold Bites Roasted Chickpeas Cheddar Crackers Broccoli Florets w/ Ranc Packet
September 6 <sup>th</sup>	September 7 <sup>th</sup>	September 8 <sup>th</sup>	September 9 <sup>th</sup>	September 10 <sup>th</sup>
	Bean and Cheese Burrito Jicama Sticks	Twisted WG Cheesy Breadsticks Marinara Cup	Waffle Flatbread Hardboiled Egg Cherry Tomatoes	Bold Bites Roasted Chickpeas Cheddar Crackers Cucumber
September 13 <sup>th</sup>	September 14 <sup>th</sup>	September 15 <sup>th</sup>	September 16 <sup>th</sup>	September 17 <sup>th</sup>
Corn Dog Cherry Tomatoes	Granola Greek Yogurt Sunflower Seeds Baby Carrots	Shredded Beef Burrito Roasted Corn	Ham & Swiss Hoagie Celery & PB Cup	Bold Bites Roasted Chickpeas Cheddar Crackers
September 20 <sup>th</sup>	September 21 <sup>st</sup>	September 22 <sup>nd</sup>	September 23 <sup>rd</sup>	September 24 <sup>th</sup>
Kolache Celery & Peanut Butter Cup	Pollo Verde Burrito Roasted Corn	Turkey Cubes Cheese Cubes Tostitos Salsa	Pizza Cherry Tomatoes	Bold Bites Roasted Chickpeas Cheddar Crackers Broccoli Florets w/ Rand Packet
September 27 <sup>th</sup>	September 28 <sup>th</sup>	September 29 <sup>th</sup>	September 30 <sup>th</sup>	October 1st
Bean and Cheese Burrito Jicama Sticks	Granola Greek Yogurt Sunflower Seeds Baby Carrots	Twisted WG Cheesy Breadsticks Marinara Cup	Waffle Flatbread Hardboiled Egg Cherry Tomatoes	Bold Bites Roasted Chickpeas Cheddar Crackers Cucumber

# IDEA Public Schools



## **OFFERED DAILY** AT SUPPER

- Assorted Fresh Fruit
- FF Milk

2

- 1% Milk
- Whole Grains
- Colorful Vegetables • •

#### NOTICE

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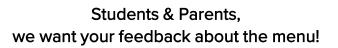
#### NOTE

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# **Menu Survey Coming** in Late September!



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.

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.

Fo 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.

- (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.



#### 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!



# 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.

### September is **National Childhood Obesity Awareness Month!**



If viewing this online, click the image above or the hyperlink below to access the cookbook. https://issuu.com/ideapublicschools/docs/hkh 20 20 cookbook

## **DID YOU KNOW?**

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/hk h\_2020\_cookbook