

SEPTEMBER 2021

K-12TH GRADE BREAKFAST & LUNCH MENU

AUSTIN / HOUSTON / TARRANT CO.



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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 6th

Labor Day
No School

September 13th

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

September 20th

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

September 27th

- B** French Toast Sticks
- L** Golden Chicken Strips
Honey Wheat Roll
Rustic Mashed Potatoes
Cucumber Tomato Salad

September 7th

- B** French Toast Sticks
- L** Golden Chicken Strips
Honey Wheat Roll
Rustic Mashed Potatoes
Cucumber Tomato Salad

September 14th

- B** Cocoa Zucchini Muffin Top
- L** Texas Tacos
Street Corn
Cilantro & Onion

September 21st

- B** Overnight PBJ Oats Cup
- L** Chicken Parmesan w/
Homemade Marinara
Garlic Breadstick
Garden Salad w/Chickpeas

September 28th

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

September 8th

- B** Smoothie & Granola Pack
- L** Pot Stickers
Brown Rice
Sauteed Asian Vegetables

September 15th

- B** Cheesy Breakfast Kolache
- L** Chicken Dippers
Honey Wheat Roll
Veggie Ranch Cup
Waffle Fries

September 22nd

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

September 29th

- B** Smoothie & Granola Pack
- L** Pot Stickers
Brown Rice
Sauteed Asian Vegetables

September 9th

- B** Avocado/Nut Butter Toast
- L** Creamy Chicken and Broccoli Rice Casserole
Roasted Zucchini
Stewed White Beans & Kale

September 16th

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

September 23rd

- B** Mini Maple Chip Waffles
- L** Chicken & Cheese Tamales
Refried Beans
Shredded Romaine & Tomato Salad

September 30th

- B** Avocado/Nut Butter Toast
- L** Creamy Chicken and Broccoli Rice Casserole
Roasted Zucchini
Stewed White Beans & Kale

September 10th

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

September 17th

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

September 24th

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

October 1st

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

SEPTEMBER 2021 / SEPTIEMBRE 2021

K-12TH SALAD BOX MENU

K-12TH MENU DE CAJAS DE ENSALADA



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

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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



Thursday / Jueves

Tuna Salad Box
Caja de ensalada de atún



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.

SEPTEMBER 2021

K-12TH SUPPER MENU

AUSTIN / HOUSTON / TARRANT CO.



OFFERED DAILY AT SUPPER

- Assorted Fresh Fruit
- FF Milk
- 1% Milk
- Whole Grains
- Colorful Vegetables

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NOTE

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MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

September 1st

Turkey Cubes
Cheese Cubes
Tostitos
Salsa

September 2nd

Pizza
Cherry Tomatoes

September 3rd

Bold Bites
Roasted Chickpeas
Cheddar Crackers
Broccoli Florets w/ Ranch
Packet

September 6th

September 7th

Bean and Cheese Burrito
Jicama Sticks

September 8th

Twisted WG Cheesy
Breadsticks
Marinara Cup

September 9th

Waffle Flatbread
Hardboiled Egg
Cherry Tomatoes

September 10th

Bold Bites
Roasted Chickpeas
Cheddar Crackers
Cucumber

September 13th

Corn Dog
Cherry Tomatoes

September 14th

Granola
Greek Yogurt
Sunflower Seeds
Baby Carrots

September 15th

Shredded Beef Burrito
Roasted Corn

September 16th

Ham & Swiss Hoagie
Celery & PB Cup

September 17th

Bold Bites
Roasted Chickpeas
Cheddar Crackers

September 20th

Kolache
Celery & Peanut Butter Cup

September 21st

Pollo Verde Burrito
Roasted Corn

September 22nd

Turkey Cubes
Cheese Cubes
Tostitos
Salsa

September 23rd

Pizza
Cherry Tomatoes

September 24th

Bold Bites
Roasted Chickpeas
Cheddar Crackers
Broccoli Florets w/ Ranch
Packet

September 27th

Bean and Cheese Burrito
Jicama Sticks

September 28th

Granola
Greek Yogurt
Sunflower Seeds
Baby Carrots

September 29th

Twisted WG Cheesy
Breadsticks
Marinara Cup

September 30th

Waffle Flatbread
Hardboiled Egg
Cherry Tomatoes

October 1st

Bold Bites
Roasted Chickpeas
Cheddar Crackers
Cucumber



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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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

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!

A An IMPASTA!

NUTRITION CORNER

BOOST YOUR IMMUNE SYSTEM



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 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