

# Summer

# JUNE 2022

## LOUISIANA SUMMER MENU



### MONDAY

May 30<sup>th</sup>

MEMORIAL DAY

6

- B** Cereal & Cracker Pack
- L** Pizza  
Fresh Baby Carrots

13

- B** Cereal & Cracker Pack
- L** Veggie Pizza  
Roasted Italian Zucchini

20

- B** Cereal & Cracker Pack
- L** Pizza  
Fresh Baby Carrots

27

Summer Vacation

### TUESDAY

May 31<sup>st</sup>

- B** Cereal & Cracker Pack
- L** Veggie Pizza  
Roasted Italian Zucchini

7

- B** Biscuits w/ Jelly
- L** Chile Verde Chicken Quesadilla  
Refried Beans

14

- B** Granola and Greek Yogurt Cup
- L** Chicken Dippers  
Wheat Roll  
Rustic Mashed Potatoes

21

- B** Biscuits w/ Jelly
- L** Chile Verde Chicken Quesadilla  
Refried Beans

28

Summer Vacation

### WEDNESDAY

1

- B** Pancake Sandwich
- L** Tacos  
Pico de Gallo Salad

8

- B** Snack'n Waffles
- L** Beefsteak Swiss Burger  
Waffle Fries

15

- B** Pancake Sandwich
- L** Tacos  
Pico de Gallo Salad

22

- B** Snack'n Waffles
- L** Beefsteak Swiss Burger  
Waffle Fries

29

Summer Vacation

### THURSDAY

2

- B** Canadian Turkey Ham & Swiss Croissant
- L** Crispy Chicken Sandwich  
Sweet Potato Puffs

9

- B** Muffin Top
- L** Cheddar Grilled Cheese  
Celery Sticks w/ Peanut Butter

16

- B** Canadian Turkey Ham & Swiss Croissant
- L** Crispy Chicken Sandwich  
Sweet Potato Puffs

23

- B** Muffin Top
- L** Cheddar Grilled Cheese  
Celery Sticks w/ Peanut Butter

30

Summer Vacation

### FRIDAY

3

- B** Cereal & Cracker Pack
- L** Beef and Bean Chili  
Tostitos Scoops  
Corn

10

- B** Cereal and Cracker Pack
- L** Chicken Parmesan w/  
Homemade Marinara  
Zesty Lemon Broccoli

17

- B** Cereal & Cracker Pack
- L** Beef and Bean Chili  
Tostitos Scoops  
Corn

24

- B** Cereal and Cracker Pack
- L** Chicken Parmesan w/  
Homemade Marinara  
Zesty Lemon Broccoli

July 1

Summer Vacation



OFFERED DAILY

#### AT BREAKFAST

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

#### AT LUNCH

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

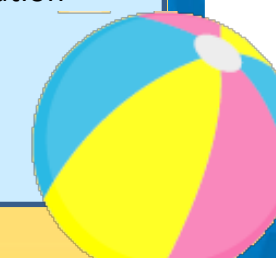
#### LEGEND

- 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

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Child Nutrition Program

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- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).
- (4) This institution is an equal opportunity provider.

## HARVEST OF THE MONTH

### ASPARAGUS



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](http://IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP)

## VISIT OUR WEBSITE

The IDEA CNP website can be accessed at:



[IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP](http://IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP)

## JOKE OF THE MONTH

**What do you call blueberries playing the guitar?**

Answer at the bottom!



Al Jam session!

## NUTRITION CORNER

### JUNE IS MyPlates Birthday!

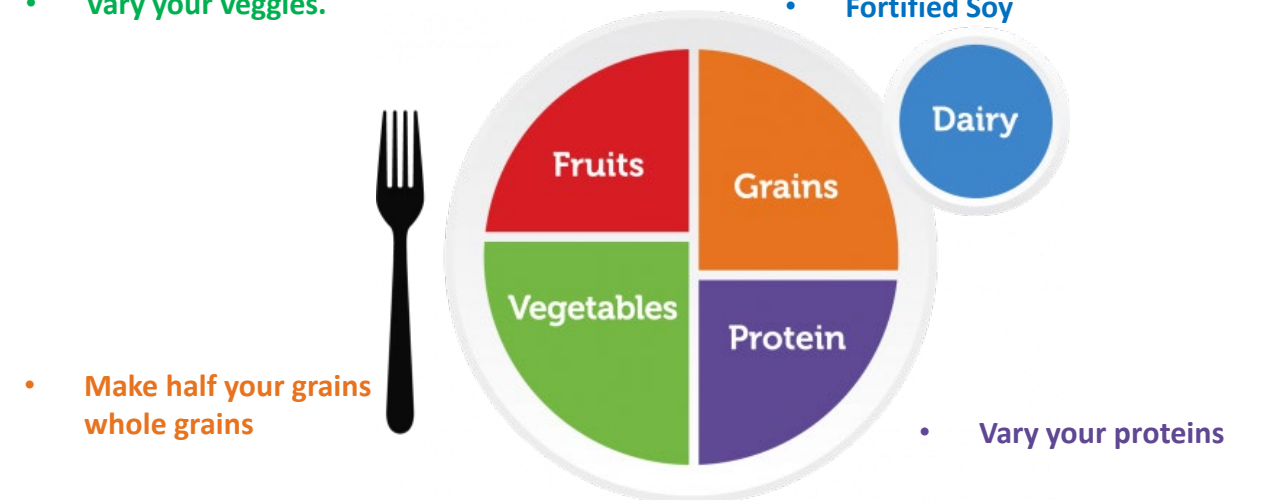
This month MyPlate celebrates its 11<sup>th</sup> birthday! MyPlate is a great tool you can use to help you create a healthy plate. Remember, benefits of healthy eating add up over time, bite by bite.

You can celebrate by visiting [www.myplate.gov/birthday](http://www.myplate.gov/birthday) to discover healthy eating and budget savvy tips and tricks for warmer weather.

Make half your plate **fruits** and **veggies**.

- **Focus on whole fruits.**
- **Vary your veggies.**

- **Choose milk/yogurt that is:**
- **Low Fat**
- **Fat Free**
- **Lactose Free**
- **Fortified Soy**



## DID YOU KNOW?

### June is National Child Vision Awareness Month!

Celebrate Child Vision Awareness Month by taking your child for an eye exam! Keep an eye out for these warning signs that are often associated with eye vision problems include:

- **Squinting**
- **Headaches**
- **Eye Pain**
- **Constant Rubbing of Eyes**

If your child has any of these symptoms, be sure to get their eyes checked

