

JULY 2022

TEXAS SUMMER MENU

MONDAY

JUNE 27

No Meal Service

4

No Meal Service

HAPPY
4TH
OF JULY

11

B Cereal & Cracker Pack

L Veggie Pizza
Roasted Italian Zucchini

18

B Cereal & Cracker Pack

L Pizza
Fresh Baby Carrots

25

No Meal Service

TUESDAY

JUNE 28

No Meal Service

5

B Cereal & Cracker Pack

L Pizza
Fresh Baby Carrots

12

B Cereal & Cracker Pack

L Chicken Dippers
Rustic Mashed Potatoes

19

B Biscuits w/ Jelly

L Chile Verde Chicken Quesadilla
Refried Beans

26

No Meal Service

WEDNESDAY

JUNE 29

No Meal Service

6

B Maple Chip Waffles

L Beefsteak Swiss Burger
Potato Wedges

13

B Pancake Sandwich

L Tacos
Pico de Gallo Salad

20

B Mini Maple Chip Waffles

L Beefsteak Swiss Burger
Potato Wedges

27

No Meal Service

THURSDAY

JUNE 30

No Meal Service

7

B Muffin Top

L Cheddar Grilled Cheese
Celery Sticks w/ Peanut Butter

14

B Canadian Turkey Ham & Swiss
Croissant

L Crispy Chicken Sandwich
Sweet Potato Puffs

21

B Muffin Top

L Cheddar Grilled Cheese
Celery Sticks w/ Peanut Butter

28

No Meal Service

FRIDAY

JULY 1

No Meal Service

8

B Cereal and Cracker Pack

L Chicken Parmesan w/
Homemade Marinara
Zesty Lemon Broccoli

15

B Cereal & Cracker Pack

L Beef and Bean Chili
Tostitos Scoops

22

B Cereal and Cracker Pack

L Chicken Parmesan w/
Homemade Marinara
Zesty Lemon Broccoli

29

No Meal Service



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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HARVEST OF THE MONTH

BUTTERHEAD LETTUCE



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

Why do Beets always win?



Answer at the bottom!

They are un-beet-able!

NUTRITION CORNER

July 16th is National Fresh Spinach Day!

Get more greens this summer! There are so many reasons to add spinach to your meals:

- Spinach is great anytime of day: Breakfast, Lunch and Dinner!
- It can be easily added to a wide variety of foods: scrambled eggs, pasta, sandwiches, salads, etc.
- Spinach is an excellent source of a variety of nutrients!

Try this tasty Penne Pasta Salad with Tomatoes which is loaded with Fresh Spinach!

Ingredients

- 8 ounces dry penne pasta
- 1/3 cup olive oil
- 1/3 cup white wine vinegar
- 1 tsp. Italian herbs
- 1/2 teaspoon garlic powder
- 1/2 teaspoon. black pepper
- 1/2 teaspoon salt
- 6 ounces baby spinach leaves
- 1-pint grape cherry tomatoes, halved
- 1 cup bite-size mozzarella cheese balls, halved
- 2 tablespoons grated Parmesan cheese

Directions:

1. Cook pasta as directed on package.
2. Drain well.
3. Meanwhile, mix oil, vinegar, herbs, garlic powder, pepper and sea salt in small bowl with wire whisk, until well blended.
4. Mix pasta and spinach in large bowl.
5. Add dressing; toss to coat well.
6. Add tomatoes and cheeses; toss to mix well.
7. Serve immediately or refrigerate until ready to serve.



DID YOU KNOW?

JULY IS UV SAFETY AWARENESS MONTH

Celebrate UV Safety Awareness Month by protecting your skin from invisible ultraviolet (UV) radiation. Did you know that sunburn is caused by exposure to UV radiation via the Sun? Here are some useful tips to help you avoid sun damage:

- Limit sun exposure during the sun's peak, usually 10am – 2pm.
- Wear clothes that will cover exposed skin- such as long sleeve shirts, pants, and wide brim hats
- Protect your eyes too by wearing sunglasses
- Use broad spectrum sunscreen that is at least SPF 15 and reapply as directed. For more information on UV safety, visit https://www.fda.gov/consumers/consumer-updates/tips-stay-safe-sun-sunscreen-sunglasses?gclid=CjwKCAjwwdWVBhA4EiwAjcYJELRHRtuKdNMCIIF7FkBha1BkcWSP9GTXmvG8cmvPIsXNk43Tgtfo3OhoCUA0QAvD_BwE

