<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>31</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
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<tr>
<td>B Granola &amp; Yogurt Cup</td>
<td>B Cereal &amp; Cracker Pack</td>
<td>B Breakfast Wrap</td>
<td>B Cereal &amp; Cracker Pack</td>
<td>B Pancake Sandwich</td>
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<tr>
<td>L Pork &amp; Beef Kolache Vegetable of the Day</td>
<td>L Bean &amp; Cheese Burrito Roasted Corn Celery Sticks</td>
<td>L Turkey Cheddar Hoagie Cherry Tomatoes Broccoli Florets</td>
<td>L Shredded Beef Burrito Refried Beans Pico de Gallo</td>
<td>L Pizza Marinara Cup Veggie Ranch Cup</td>
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<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
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<tr>
<td>B Mini Maple Chip Waffles</td>
<td>B Cereal &amp; Cracker Pack</td>
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<td>L Pulled Pork Sandwich Roasted Cauliflower Sandwich deli Salad</td>
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<td>L Pizza Marinara Cup Veggie Ranch Cup</td>
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**OFFERED DAILY**

**AT BREAKFAST**
- Assorted Fresh Fruit
- Fresh Fruit Juice
- FF Milk
- 1% Milk
- Whole Grains

**AT LUNCH**
- Assorted Fresh Fruit
- FF Milk
- 1% Milk

**LEGEND**

| B: Breakfast | L: Lunch | Ff: Fat free |

This institution is an equal opportunity provider.

**NOTICE:**
Due to COVID-19, product availability is not stable, and this menu is subject to change without notice based on availability.
Harvest of the Month was created by IDEA CNP to highlight seasonal harvest grown by our own IDEA Farms. Each month, you can look forward to online resources including:

- Family-friendly recipes
- Printable activities, and
- Nutrition tidbits about our monthly harvest

Be sure to keep an eye on the menu: each month will feature a chef-created recipe using the harvest of the month. This month features Crunch Sugar Snap Peas with Creamy Hummus.

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 an apple that plays the trumpet?  
Answer at the bottom!

A TOOTY FRUITY!

**DID YOU KNOW?**

September is National Childhood Obesity Awareness Month

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

1. Vitamin D helps our bodies absorb and deposit calcium and phosphorous into our teeth and bones, keeping them strong and healthy.
2. Vitamin D is a fat-soluble vitamin which means fat is needed to make and absorb the Vitamin D.
3. Sunlight, egg yolks, fortified milk and fish are the main sources of Vitamin D.
4. Drinking fortified Vitamin D milk can reduce the risk of Vitamin D deficiency.
5. Increased juice and soda consumption and reduced outside activities increase the risk of Vitamin D deficiency. This can lead to rickets or defective bone growth.
6. School aged kids need 600 IU of Vitamin D daily.

Make sure your child is getting enough by including fortified milk with meals, using fortified breakfast cereals, eating fish such as tuna, mackerel or salmon, consuming egg yolks, and ensuring your children get 10-30 min of sunlight several times per week. You can talk with your child’s doctor to determine if your child is meeting their Vitamin D needs or if they may need a supplement.

**HARVEST OF THE MONTH**

**SUGAR SNAP PEAS**

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, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, corrections or retaliation for program information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

As always, we are committed to providing nutritious meals to all IDEA students. If you have a child enrolled at an IDEA school, you may visit the campus nearest to you to participate in the curbside meal program.

**CURBSIDE MEAL HOURS:**

Monday & Wednesday: 7:30am - 11:30am & 4:00pm - 6:00pm
Tuesday, Thursday & Friday: 7:30 am - 11:30am ONLY

HOUSTON HOURS: 8:30 am - 10:30 Monday - Friday

For more information, questions, concerns or feedback, please contact your Cafeteria Manager.

IDEA Public Schools Child Nutrition Program is excited to provide meals to IDEA students for the 2020-2021 school year. As always, we are committed to providing nutritious meals to all IDEA students. If you have a child enrolled at an IDEA school, you may visit the campus nearest to you to participate in the curbside meal program.

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**NUTRITION FAST FACTS**

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