## SEPTEMBER 2020 SUPPER MENU

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>Tortilla Wrap with Sliced Turkey Deli Salad</td>
<td>Assorted Yogurt with Cinnamon Round and Sunflower Seeds Vegetable of the Day</td>
<td>Turkey Cubes, Cheese Cubes &amp; Goldfish Crackers Vegetable of the Day</td>
<td>Uncrustables and Cheese Stick Celery Sticks</td>
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### OFFERED DAILY AT BREAKFAST
- Assorted Fresh Fruit
- FF Milk
- 1% Milk
- Whole Grains

### OFFERED DAILY AT LUNCH
- Assorted Fresh Fruit
- FF Milk
- 1% Milk

### 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.
CURBSIDE MEAL INFORMATION

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.

CURBSIDE MEAL HOURS:
- Monday & Wednesday: 7:30am - 11:30am & 4:00pm - 6:00pm
- Tuesday, Thursday & Friday: 7:30 am - 11:30am ONLY
- HOUSTON TIMES: 8:30am - 10:30 Monday - Friday
- HOUSTON TIMES: 8:30 Monday - Friday

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

HARVEST OF THE MONTH

SUGAR SNAP PEAS

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

NUTRITION FAST FACTS

VITAMIN D

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 activity 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.

SEPTEMBER

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.

Victoria’s healthy habits

When it comes to losing weight, the key is to make daily lifestyle changes. Victoria is family-oriented and feels better eating healthy meals together every day. Victoria has found time to exercise with her family. She has started walking and riding bikes together. If you want to lose extra pounds, try cooking healthy meals together and getting more physical activity. You might break a sweat doing a family dance party, playing together, or playing video games.

Healthy eating for kids

A Tooty Fruity!

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The IDEA CNP website can be accessed at: 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!