<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>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
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<tr>
<td>Turkey &amp; Cheese Cubes Tostitos w/ Salsa</td>
<td>Pepperoni Pinwheel Vegetable of the Day</td>
<td>Corn Dog and Flame Roasted Corn</td>
<td>Sun-butter, Apple Slices &amp; Graham Crackers Celery Sticks</td>
<td>Bold Bites, Cheese Stick, Cheez-Its Vegetable of the Day</td>
</tr>
<tr>
<td>Cubitos de pavo y queso con Tostitos y salsa</td>
<td>Sandwich de pepperoni y queso, con vegetal del Dia</td>
<td>Banderilla de Salchicha y Elote Rostizado</td>
<td>Mantequilla de girasol, rebanadas de manzana y galletitas, y palitos de apio</td>
<td>Nuggets de pollo, palito de queso con galletas Cheez-Its, y vegetal del dia</td>
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<td>18</td>
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<tr>
<td>Turkey &amp; Cheese Cubes Tostitos w/ Salsa</td>
<td>Pepperoni Pinwheel Vegetable of the Day</td>
<td>Cheesy Chicken Flautas &amp; Guacamole Cup</td>
<td>Sun-butter, Apple Slices &amp; Graham Crackers Celery Sticks</td>
<td>Bold Bites, Cheese Stick, Cheez-Its Vegetable of the Day</td>
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<td>Sandwich de pepperoni y queso, con vegetal del Dia</td>
<td>Flautas de Pollo con Queso y Guacamole</td>
<td>Mantequilla de girasol, rebanadas de manzana y galletitas, y palitos de apio</td>
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**NOTICE:**
Due to COVID-19, product availability is not stable, and this menu is subject to change without notice based on availability.

**AVISO:**
Debido a COVID-19, la disponibilidad del producto no es estable y este menú está sujeto a cambios sin previo aviso según la disponibilidad.

This institution is an equal opportunity provider.

Esta institución es un proveedor de igualdad de oportunidades.
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
- Tuesday, Thursday & Friday: 7:30am - 11:30am
- Monday & Wednesday: 4:00pm - 6:00pm
- Tuesday, Thursday & Friday: 4:00pm - 6:00pm

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

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!

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 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 NUTRITION FAST FACTS

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.

DID YOU KNOW?

• Children need 10-30 minutes of sunlight daily to make and absorb the Vitamin D.
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#CurbsideMeal #HarvestoftheMonth #VitaminD #NationalChildhoodObesityAwarenessMonth

A TOOTY FRUITY!

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, or reprisal or retaliation for prior credible complaint filed against such programs. Remedies and complaint filing deadlines vary by program. Nationally, the complaint form is available in English, Spanish and Chinese.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiocassette, American Sign Language, etc.) should contact the responsible Agency or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination 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 complaint in writing to USDA, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410; (202) 690-7442; or (3) email program.intake@usda.gov.

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La Cosecha del Mes fue creada por IDEA CNP para resaltar la cosecha estacional cultivada por nuestras propias granjas IDEA. Cada mes, puede esperar recursos en línea que incluyen:

- Recetas para familias
- Actividades imprimibles y
- Información nutricional sobre nuestra cosecha mensual

Asegúrese de estar atento al menú: cada mes contará con una receta creada por el chef utilizando la cosecha del mes. Este mes presenta Crunch Sugar Snap Peas con Cilantro Hummus.

Se puede acceder a los recursos de la cosecha del mes haciendo clic AQUÍ o visitando IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP

Para más información, preguntas, inquietudes o comentarios, comuníquese con el gerente de la cafetería o visitando nuestra página web.

**CHISTE DEL MES**

¿Qué le dice una barra de pan a otra?

Respuesta abajo!

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**VISITA NUESTRA PAGINA**

Puede visitar la página web de IDEA CNP en:

IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP

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**DATOS RÁPIDOS DE NUTRICIÓN**

1. La vitamina D ayuda a nuestros cuerpos a absorber y depositar calcio y fósforo en nuestros dientes y huesos, manteniéndolos fuertes y saludables.
2. La vitamina D es una vitamina soluble en grasa, lo que significa que la grasa es necesaria para producir y absorber la vitamina D.
3. La luz solar, las yemas de huevo, la leche fortificada y el pescado son las principales fuentes de vitamina D.
4. Beber leche fortificada con vitamina D puede reducir el riesgo de deficiencia de vitamina D.
5. El aumento del consumo de jugos y refrescos y la reducción de las actividades al aire libre aumentan el riesgo de deficiencia de vitamina D. Esto puede provocar raquitismo o un crecimiento óseo defectuoso.

Asegúrese de que su hijo obtenga lo suficiente al incluir leche fortificada con las comidas, usar cereales para el desayuno fortificados, comer pescado como atún, caballa o salmón, consumir yemas de huevo y asegurarse de que sus hijos reciban de 10 a 30 minutos de luz solar varias veces por semana. Puede hablar con el médico de su hijo para determinar si su hijo está satisfaciendo sus necesidades de vitamina D o si es posible que necesite un suplemento.

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**¿SABÍAS?**

Septiembre es el Mes Nacional de Concientización sobre la Obesidad Infantil

¡Las familias pueden recuperarse y mantenerse saludables juntas! Moverse juntos, comer juntos y encontrar nuevas formas de mantenerse activos pueden ayudar a las familias a prevenir la obesidad infantil y crear buenos hábitos que pueden durar toda la vida.