## OCTOBER
### TEXAS – PK-12TH

### Monday
- **B**: Sausage and Cheese English Muffin
- **L**: Chicken & Cheese Tamales, Pico de Gallo Salad, Refried Beans

### Tuesday
- **B**: Mini Maple Chip Waffles
- **L**: Lasagna Rollup, Green Beans Almondine, Mixed Greens Salad

### Wednesday
- **B**: Warm Cinnamon Oatmeal
- **L**: Crispy Chicken Bites, Garden Salad, Rustic Mashed Potatoes

### Thursday
- **B**: Cereal and Cracker Pack
- **L**: Shredded Beef Burrito, Refried Beans, Pico de Gallo Salad

### Friday
- **B**: Pancake Sandwich
- **L**: Marinara Cup, Veggie Ranch Cup

### Saturday
- **B**: Cereal & Cracker Pack
- **L**: Bean & Cheese Burrito

### Sunday
- **B**: Cereal & Cracker Pack
- **L**: Hot Dog

### Offered Daily
- **At Breakfast Daily**
  - Assorted Fresh Fruit
  - FF Milk & 1% Milk
  - Whole Grains

- **At Lunch Daily**
  - Colorful Vegetables
  - FF Milk & 1% Milk
  - Assorted Fresh Fruit

### Legend
- **B**: Breakfast
- **L**: Lunch
- **FF**: Fat Free

### Special Menus
- **Saturday Menu**: Cereal & Cracker Pack, Bean & Cheese Burrito
- **Sunday Menu**: Cereal & Cracker Pack, Hot Dog

### Note
- This institution is an equal opportunity provider.
- Due to COVID-19, product availability is not stable, and this menu is subject to change without notice based on availability.
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.

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

Harvest of the Month

Pumpkins

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

Nutrition Corner

What are easy ways to get your kids active?

Regular physical activity is important to maintain a healthy lifestyle. Children and teenagers need at least 60 minutes of activity daily to help them grow strong bones, and muscles, build endurance and maintain a healthy weight. Parents can model healthy habits and encourage activity in the following ways:

1. Set aside time each day for activities such as tossing a ball, having a dance party or taking a walk after a family meal.
2. Give children toys that encourage physical activity such as, balls, kites, hula hoops, Frisbees, jump ropes and bicycles.
3. Limit TV time and keep the TV out of your child’s bedroom.
4. When going outside to play is not an option, play an indoor game like Simon Says or children can play interactive video games that require physical activity such as tennis, bowling or baseball.
5. Encourage kids to join in outdoor chores such as raking leaves, pulling weeds, watering plants, sweeping the walkway or cleaning the garage.
6. Remember to praise, reward and encourage physical activity.

Did You Know?

OCTOBER is National Farm to School Month

School gardens and IDEA Farms help teach scholars about local food, encourage healthy eating, and get kids moving as they harvest crops for their own meals. This October we celebrate how locally grown fruits & vegetables can fuel our bodies and keep us healthy. #FarmToSchool

Joke of the Month

What are Twins favorite fruit?

Answer at the bottom!

A pears

Taste of the Month

What are Twins favorite fruit?

Answer at the bottom!

A pears