



# OCTOBER TEXAS – PK-12<sup>TH</sup>

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**4**

**B**

**L**

**5**

**B**

**L**

**6**

**B**

**L**

**1**

**B** Cereal and Cracker Pack

**L** Shredded Beef Burrito  
Refried Beans  
Pico de Gallo Salad

**2**

**B** Pancake Sandwich

**L** Pizza  
Marinara Cup  
Veggie Ranch Cup

**5**

**B** Sausage and Cheese  
English Muffin

**L** Chicken & Cheese  
Tamales  
Pico de Gallo Salad  
Refried Beans

**6**

**B** Mini Maple Chip Waffles

**L** Lasagna Rollup  
Green Beans Almondine  
Mixed Greens Salad

**7**

**B** Warm Cinnamon  
Oatmeal

**L** Crispy Chicken Bites  
Garden Salad  
Rustic Mashed Potatoes

**8**

**B** Granola and Greek Yogurt  
Cup

**L** Turkey Cheddar Sandwich  
Sandwich Deli Salad  
Carrot Raisin Salad

**9**

**B** Cheesy Breakfast  
Kolache

**L** Pizza  
Veggie Ranch Cup  
Roasted Cauliflower

**12**

**B** Ham, Egg & Cheese  
Croissant

**L** Cheeseburger  
Sweet Potato Puffs  
Sandwich Deli Salad

**13**

**B** Breakfast Wrap

**L** Chicken Parmigiana  
Penne Pasta  
Garden Salad

**14**

**B** Toast & Fruity Cream  
Cheese Spread

**L** Golden Chicken Strips  
Tostitos Scoops  
Waffle Fries  
Cowboy Caviar

**15**

**B** Pancake Sandwich

**L** Teriyaki Chicken Bowl  
Lo Mein  
Sugar Snap Peas  
Veggie Egg Roll

**16**

**B** Cheesy Breakfast  
Kolache

**L** Pizza  
Veggie Ranch Cup  
Green Beans Almondine

**19**

**B** Turkey Bacon, Egg &  
Cheese BOB

**L** Crispy Chicken  
Sandwich  
Sweet Potato Puffs  
Sandwich Deli Salad

**20**

**B** Cheesy Breakfast  
Kolache

**L** Beef and Bean Chili  
Tostitos Scoops  
Roasted Root Vegetables  
Waved Chili Cucumbers

**21**

**B** Fresh Fruit Smoothie &  
Granola

**L** Chili Verde Chicken  
Quesadilla  
Pico de Gallo Salad  
Roasted Corn & Zucchini

**22**

**B** Gingerbread Bites

**L** Pulled Pork BBQ  
Sandwich  
Corn on the Cob  
Coleslaw

**23**

**B** Bean & Cheese Burrito

**L** Pizza  
Vegetable of the Day

**26**

**B** Pumpkin Cinnamon  
Oatmeal

**L** Baja Street Tacos  
Pico de Gallo  
Refried Beans

**27**

**B** Cheesy Breakfast  
Kolache

**L** Golden Chicken Strips  
Waffle Fries  
Waved Chili Cucumbers

**28**

**B** Fresas con Crema &  
Graham Cracker Pack

**L** Chile Verde Chicken  
Quesadilla  
Pico de Gallo Salad  
Roasted Corn & Zucchini

**29**

**B** Cereal & Cracker Pack

**L** Pulled Pork Sandwich  
Corn on the Cob  
Coleslaw

**30**

**B** Bean & Cheese Burrito

**L** Chicken Fajita & Veggie  
Burrito Bowl



## 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**

## SATURDAY MENU

**B:** Cereal & Cracker Pack  
**L:** Bean & Cheese Burrito

## SUNDAY MENU

**B:** Cereal & Cracker Pack  
**L:** Hot Dog

**NOTE:**

*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*



## 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

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 activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, 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 completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider, employer, and lender.

## 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](https://IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP)

## VISIT OUR WEBSITE

The IDEA CNP website can be accessed at:



[IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP](https://IDEAPUBLICSCHOOLS.ORG/PARENTS/CNP)

## JOKE OF THE MONTH

What are Twins favorite fruit?



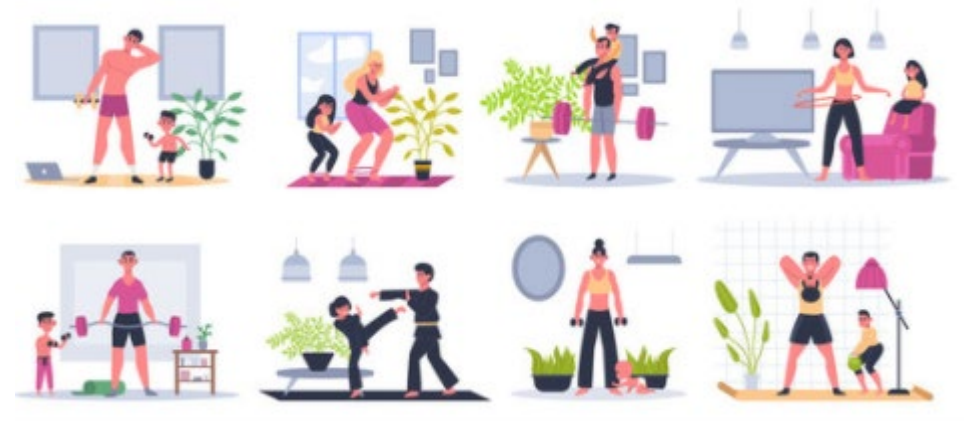
Answer at the bottom!

*A pears*

## 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](#)