



NOVEMBER TEXAS- PK-12TH



IDEA
Public Schools

MONDAY

2

- B** Warm Cinnamon Oatmeal
- L** Chicken Fajita Burrito Bowl
Pico de Gallo Salad

9

- B** Cheesy Breakfast Kolache
- L** Chili Verde Chicken Quesadilla
Pico de Gallo Salad
Refried Beans

16

- B** Warm Cinnamon Oatmeal
- L** Chicken Fajita Burrito Bowl
Pico de Gallo Salad

23

- B** Breakfast Meal Bundle
- L** Lunch Meal Bundle

30

- B** Warm Cinnamon Oatmeal
- L** Chicken Fajita Burrito Bowl
Pico de Gallo Salad

TUESDAY

3

- B** Toast & Fruity Cream Cheese Spread
- L** Beef & Bean Chili
Tostitos Scoops
Waved Chili Cucumbers
Steamed Corn

10

- B** Fresas con Crema with Graham Cracker Pack
- L** Spaghetti & Meat Sauce
Waved Chili Cucumbers
Corn & Zucchini Medley

17

- B** Toast & Fruity Cream Cheese Spread
- L** Beef & Bean Chili
Tostitos Scoops
Waved Chili Cucumbers
Steamed Corn

24

- B** Breakfast Meal Bundle
- L** Lunch Meal Bundle

NOTICE:

Due to COVID 19, product availability is not stable, and this menu is subject to change without notice based on availability

WEDNESDAY

4

- B** Breakfast Croissant
- L** Chicken Strips
Waffle Fries
Veggie Sticks w/ Ranch

11

- B** Pumpkin Cinnamon Oatmeal
- L** Pulled Pork Sandwich
Sandwich Deli Salad
Steamed Corn

18

- B** Breakfast Croissant
- L** Chicken Strips
Waffle Fries
Veggie Sticks w/ Ranch

25

- B** Breakfast Meal Bundle
- L** Lunch Meal Bundle

NOTE:

This institution is an equal opportunity provider

THURSDAY

5

- B** Breakfast Wrap
- L** Ham & Cheddar Sandwich
Sandwich Deli Salad
Broccoli Florets

12

- B** Mini Maple Chip Waffles
- L** Baja Street Chicken Tacos
Vegetable of the Day
Coleslaw

19

- B** Breakfast Wrap
- L** Roasted Turkey w/ Gravy, Rosemary Stuffing, Mashed Potatoes, Green Beans Almondine, Honey Wheat Roll

26

- B** Breakfast Meal Bundle
- L** Lunch Meal Bundle

FRIDAY

6

- B** Sausage & Cheese English Muffin
- L** Chicken Parmesan
Penne Pasta
Garlic Breadstick
Garden Salad

13

- B** Ham, Egg & Cheddar Croissant
- L** Teriyaki Chicken Noodle Bowl
Veggie Egg Roll
Carrot Sticks

20

- B** Sausage & Cheese English Muffin
- L** Chicken Parmesan
Penne Pasta
Garlic Breadstick
Garden Salad

27

- B** Breakfast Meal Bundle
- L** Lunch Meal Bundle



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: Nov. 7th, Nov. 21st

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

SUNDAY MENU: Nov. 8th, Nov. 22nd

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

SATURDAY MENU: Nov. 14th, Nov. 28th

- B:** Cereal & Cracker Pack
- L:** Pizza

SUNDAY MENU: Nov. 15th, Nov. 29th

- B:** Cereal & Cracker Pack
- L:** Cheeseburger





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.

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

HARVEST OF THE MONTH

ROSEMARY



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

Why are fish so easy to weigh?



Answer at the bottom!

A: Because they have their own scales

NUTRITION CORNER

Is Fish healthy for my child?

Children need omega-3 fatty acids to build the structure of their brains starting from conception throughout our lifespan. Fish is also a good source of protein, iron, calcium, zinc and magnesium. It is recommended that adults eat 2-3 servings of fish weekly and kids should have 1-2 servings



Some ideas for serving fish at home include:

1. **Homemade fish sticks:** Dip strips of cod or salmon in egg whites, coat with whole-wheat breadcrumbs, bake and serve with honey mustard sauce.
2. **Pasta salad:** Make a salad of canned fish, pasta, frozen vegetables and light Italian dressing
3. **Fish Tacos:** Sprinkle Tilapia fillets with garlic and chili powder and grill or bake. Serve them in corn or whole wheat tortillas with sauteed peppers, onions and guacamole.

DID YOU KNOW?

NOVEMBER is National Diabetes Month

Did you know that only 1 in 10 American have diabetes BUT more than 84 million Americans are at risk for developing Type 2 Diabetes? This type of diabetes is preventable by making small changes in your life: move your body more, eat more fiber, choose whole grains, limit sugary drinks, and eating more nutritious foods. Getting your breakfast, lunch and supper at school is a great place to start living healthier, today!