



# IDEA PUBLIC SCHOOLS CHILD NUTRITION PROGRAM NEWSLETTER

## BACK TO SCHOOL

While students were taking a well-deserved break, the IDEA CNP Team had a busy summer that included :



### Professional Development Trainings

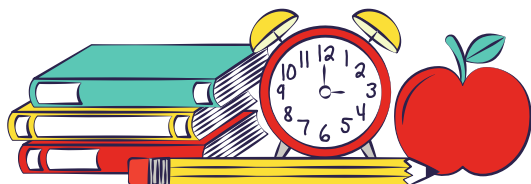


### Finalizing Menus



### Testing Recipes

We are excited for students to return and we know that school year 2023-2024 will be a great one!



## Students eat **FREE** at IDEA!

All IDEA Students are eligible to receive one FREE Breakfast and one FREE Lunch every school day! Every school day, students can look forward to delicious and nutritious meals that feature:



### Whole Grains



### Fresh Fruit



### Assorted Milk

Visit our website for the monthly menu or scan the QR Code!

Scan Me!



[www.ideapublicschools.org/parents/cnp](http://www.ideapublicschools.org/parents/cnp)



## IDEA Farms

All year you can expect our student menus to feature our farm harvests. Follow our Facebook page for more information on the Harvest of the Month, including recipe videos.

### AUGUST



**HARVEST: TOMATOES**  
**FARM: EASTSIDE**  
**CITY: SAN ANTONIO, TX**

### SEPTEMBER



**HARVEST: SQUASH**  
**FARM: BURKE**  
**CITY: SAN ANTONIO, TX**

### OCTOBER



**HARVEST: MUSTARD GREENS**  
**FARM: BRIDGE**  
**CITY: BATON ROUGE, LA**

## Celebrate Fresh!

Celebrate delicious, nutritious foods with these National Food Holidays:

**August is**  
**National Peach Month**



- Peaches are at their peak from June to the end of August.
- Peaches are a great source of vitamin A and vitamin C.
- Georgia is known as the Peach State.

**September is**  
**National Whole Grain Month**



- Barley is one of the oldest grains
- 35.5 million acres of land are used to produce wheat in the U.S.
- Kansas and North Dakota are the largest producers in the U.S.
- 100% of the grains in our menu are whole grains!

**October is**  
**National Apple Month**



- Over 2,500 varieties of apples are grown in the U.S.
- Apples are high in Fiber
- Apples float in water because 25% of their volume is air!





## Celebrating National School Lunch Week



10.23  
TO  
10.27

- School lunches are crucial to providing students with the nutrition they need to stay focused during the school day.
- National School Lunch Week (NSLW) is celebrated to raise awareness of the importance of these meals.
- From October 23rd to October 27th students can look forward to special meals & activities as part of our NSLW celebration.



*SPECIAL LUNCH MENU EACH DAY!*



*NSLW SURVEYS TO SHARE FEEDBACK  
ABOUT EACH DAY'S MENU*



*CAFETERIA DECORATED IN THE "LEVEL  
UP" THEME!*

**Follow our FB page for NSLW menus,  
surveys and photos!**

Find us on 

Scan the QR Code or search for "IDEA CNP"  
to Like, Share & Follow our page!



Scan Me!



## How we accommodate Special Diets



*ASHLEA ROBERSTON  
SPECIAL DIETS MANAGER*

- We ensure all students can safely participate in our meal programs, including those with medically necessary special diets.
- All special diet requests are reviewed by the Special Diets Manager.
- We can accommodate students with medically-necessary special diets and provide them with safe, healthy, and nutritious menu options.
- Visit our website for more information, or scan the QR code below.

[www.ideapublicschools.org/parents/cnp](http://www.ideapublicschools.org/parents/cnp)

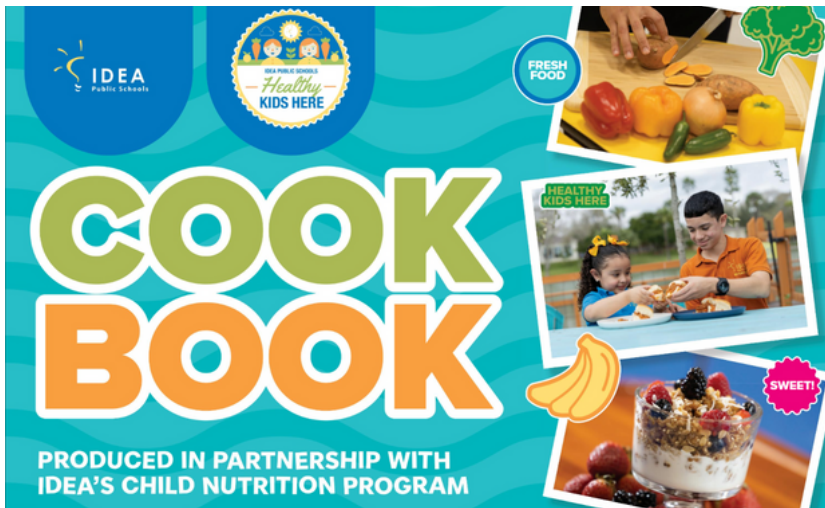
SCAN ME!



**Coming up..**

School starts in August!  
New Fall Menu will be posted July 25!

# Culinary Creation: No Bake Oatmeal Bars



*THIS RECIPE WAS  
FEATURED IN THE  
IDEA PUBLIC  
SCHOOLS  
2023 HEALTHY KIDS  
HERE COOKBOOK*

## YOU WILL NEED

- 1 CUP CREAMY PEANUT BUTTER, OR NUT BUTTER OF CHOICE
- $\frac{1}{2}$  CUP OF HONEY
- 1 TSP. VANILLA EXTRACT
- 2 CUPS QUICK OATS
- $\frac{3}{4}$  TSP. GROUND CINNAMON
- $\frac{1}{2}$  TSP. SALT
- 1  $\frac{1}{4}$  CUP OF MIX INS (EXAMPLE: DRIED CRANBERRIES, MINI CHOCOLATE CHIPS, NUTS, ETC).

## STEPS

1. LINE AND 8x8 BAKING DISH WITH PARCHMENT PAPER AND SET ASIDE.
2. IN A MEDIUM BOWL, WHISK TOGETHER NUT BUTTER, HONEY AND VANILLA EXTRACT.
3. IN A LARGE BOWL, ADD THE OATS, CINNAMON, SALT AND MIX-INS.
4. POUR NUT BUTTER MIXTURE INTO THE BOWL WITH DRY INGREDIENTS.
5. GENTLY STIR UNTIL ALL COMBINED.
6. TRANSFER MIXTURE INTO YOUR LID 8x8 DISH.
7. USE A SPOON TO PRESS THE MIXTURE INTO A FLAT, EVEN LAYER.
8. COVER THE DISH WITH A LID, FOIL OR PLASTIC WRAP.
9. REFRIGERATE FOR 1 HOUR, OR UNTIL FIRM AND NO LONGER STICKY.
10. CUT INTO 16 SERVINGS.
11. ENJOY!



**SCAN ME!**







# Non-Discrimination Statement

## Texas, Louisiana and Ohio

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

fax:

(833) 256-1665 or (202) 690-7442; or

email:

[Program.Intake@usda.gov](mailto:Program.Intake@usda.gov)

This institution is an equal opportunity provider.

## Florida

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation in the administration of the snap program), disability, age, or reprisal or retaliation for prior civil rights activity.

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