

IDEA Public Schools Child Nutrition Program Newsletter



IDEA QUEST Cafeteria in Edinburg, Texas

NOVEMBER / DECEMBER / JANUARY

National School Lunch Week



We had the best National School Lunch Week (NSLW) October 23rd - October 27th!

Throughout the week we "Leveled up with School Lunch" and featured a NEW and Exciting Lunch menu every day!

Check out the [IDEA CNP Facebook page](#) to see our NSLW Highlights Video!

Student Menu Surveys

»»» Why do we survey students? «««

Our vision is that we continuously incorporate student, parent, & staff feedback in our menu development process and deliver meals that not only reaffirm our commitment to our students' health & wellness, but that also reflect their voices.

»»» How often do we survey? «««

Students will have five opportunities during school year 2023-2024 to provide feedback about the menu:

- 2023 Fall Menu Survey
- 2023 National School Lunch Week
- February 2024 Menu Survey
- 2024 National School Breakfast Week
- May 2024 Menu Survey

»»» What do we do with the results? «««

We are proud to share that for the past 4 years we have received over 100,000 responses from our school communities. The responses are analyzed not only to help CNP assess service satisfaction but also to identify ideas from our students that help CNP create future recipes & menus!

»»» Where can I find the menu survey? «««

- Links and QR codes for surveys are shared on the IDEA CNP Facebook page!
- A general menu survey is also available year-round on the CNP website!



IDEA DONNA FARM

HARVEST OF THE MONTH

November



HARVEST: CORN
FARM: DONNA
CITY: DONNA, TX
FARMER: Jaime



December



HARVEST: RADISH
FARM: EDMERE
CITY: EL PASO, TX
Farmer: James



January



HARVEST: KALE
FARM: ELSA
CITY: ELSA, TX
Farmer: Jordan

CELEBRATE DELICIOUS AND NUTRITIOUS

Celebrate delicious, nutritious foods with these National Food Holidays:

November is
National Pepper Month



Peppers are fruits, not vegetables!



Peppers contain capsaicin which can help reduce bad cholesterol, control diabetes, bring pain relief and reduce inflammation!

DECEMBER is
National Pear Month



There are ten varieties of pears in the United States!



Pears are very versatile. They can be enjoyed raw, or used to enhance the flavor of salads, roast chicken, pork or turkey!

JANUARY is
National Oatmeal Month



Oatmeal is a heart healthy food and good for your skin!



Oats can easily be added to your diet! Add oats to smoothies, yogurt and baked goods!



IDEA INNOVATION Cafeteria in Baton Rouge, LA

DID YOU KNOW? Healthy Kids Here Scorecard

Healthy Kids Here (HKH) is an IDEA Public Schools initiative that promotes a healthy and active lifestyle by educating and increasing access to health, wellness and nutrition.

To support the HKH initiative, the Child Nutrition Program created the HKH Scorecard.

The HKH Scorecard is a fun checklist with ten items that cafeteria managers and their team work on throughout the year to create a warm and welcoming space for students, that encourages participation in the School Breakfast Program and the National School Lunch Program.

In December and May we will share highlights of their awesome achievements on the CNP Facebook Page, so you can see all the ways our CNP staff go above and beyond for the students!

Want to see all the highlights? Follow the IDEA CNP Facebook page!

Want to learn more about HKH : Visit www.ideapublicschools.org/health-services

Find us on 

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



SPECIAL DIETS: HOLIDAY EDITION

INCLUSIVITY

At IDEA CNP, we strive to create an environment that is supportive and welcoming for all students, regardless of their dietary needs.

Throughout the year, we design meals to be free of the specific allergens that students are allergic to, such as peanuts or gluten so they can enjoy a meals with their friends.

The holidays are no exception. During November and December, students with Special Diets will be able to enjoy an allergen friendly holiday meal with their peers.

Overall, meals for students with food allergies and intolerances are an important part of ensuring that all students have access to healthy and safe meals at school.

Want more information
about Special Diets?

Visit our website at www.ideapublicschools.org/parents/cnp

Coming up..

New Spring Menu starts
January 22, 2024!

Healthy Kids Here Recipe:

Pumpkin Parfait



INGREDIENTS

2 cups non-fat vanilla yogurt
2 cups non-fat plain Greek yogurt
1 1/2 cups low sugar granola (cinnamon or plain)
29 oz. canned pumpkin
1 1/8 cup almond milk
1 tsp ground cinnamon
1/4 tsp. ground ginger
3 Tbsp. brown sugar
1/2 cup pepitas (shelled, roasted pumpkin seeds)

INSTRUCTIONS

1. In a large bowl, mix canned pumpkin, almond milk, brown sugar, ginger, and cinnamon.
2. Stir together until fully mixed.
3. In a separate bowl, add vanilla yogurt and Greek yogurt. Stir until fully combined.
4. In a separate bowl, mix granola and pepitas.
5. In a large cup, layer the pumpkin mixture and the yogurt.
 - a. bottom layer: 1/4 cup of pumpkin
 - b. middle layer: 1/2 cup of yogurt
 - c. top layer: 1/4 cup of pumpkin
6. Top the yogurt parfait with 2/3 cup of crunchy granola mix and enjoy!

Note: Parfait will keep in fridge, covered, for 2-3 days.

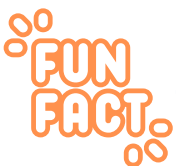
Want more cookbook recipes?

Scan the QR code or visit

https://issuu.com/ideapublicschools/docs/hkh_2020_cookbook



This recipe was created by Daniela Villarreal, CNP Sr. Executive Chef and is offered to students as part of the holiday breakfast menu!





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

This institution is an equal opportunity provider.

Florida

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