

# CHILD NUTRITION PROGRAM NEWSLETTER

IDEA PUBLIC SCHOOLS

NOVEMBER / DECEMBER / JANUARY 2025

## Welcome to our Fall/Winter IDEA CNP Newsletter!

We had so many great things going on in August, September & October that time just flew by!

### Campus Teams Achievements:


- Welcomed back students in August.
- Started gathering valuable student feedback with our “Feed Us Your Feedback” Menu Survey in September!
- October was a very busy month for CNP, highlighted by our National School Lunch Week celebrations during the week of October 14th–18th.


Wishing everyone a Healthy & Happy  
Holiday Season from all of us at  
IDEA CNP!




## Why OUR School Meals are Cool

Here are some great reasons why you should encourage your student to eat meals at school:

 Regularly eating balanced meals at school instills lifelong healthy eating habits, teaching students the importance of nutrition from an early age.

 IDEA CNP meals are designed to meet strict nutritional guidelines, to limit sodium, saturated fat, and added sugars. As well as, providing students with balanced options that include essential vitamins and minerals.

 IDEA students can enjoy a diverse menu that introduces them to different foods and flavors, encouraging healthy eating habits and trying new things.

The CNP Cafeteria staff puts in all the love to make the best tasting meals for our students, so be sure to encourage them to try our whole menu!

For more information on the importance of school meals, visit [https://www.cdc.gov/healthyschools/features/school\\_meals.htm](https://www.cdc.gov/healthyschools/features/school_meals.htm)

## Looking for menus?

Visit our website for the monthly menu  
[www.ideapublicschools.org/parents/cnp](http://www.ideapublicschools.org/parents/cnp)





# Nutrition Corner



## Nutritious Holidays

As we approach the holiday season, let's embrace the wonderful time full of family, food and fun. But these next few months are also when many get sick with the flu or the common cold.

We want everyone to stay healthy this holiday season, so here are some great tips that can help keep you and your family healthy this Holiday Season.



### EMPHASIZE WHOLE FOODS!

Fresh fruits, vegetables, whole grains, lean proteins, and healthy fats provide essential nutrients without added sugars or preservatives. Are you up for a challenge? Aim to try 3 new veggies this holiday season.



### STAY HYDRATED!

Crucial for maintaining energy levels and supporting bodily functions. Aim to drink plenty of water throughout the day and consider herbal teas or infused water for variety. Are you up for a challenge? Aim to drink 6-8 cups of water.



### GET PLENTY OF REST!

Our bodies need sleep to recuperate from the food and fun. Are you up for a challenge? Spend 30 minutes before bed doing calming activities (reading, drawing, etc.).



### WASH YOUR HANDS!

Be sure to wash with soap for at least 20 seconds to help stop the spread of germs.

# IDEA Farms

Over the next few months, we will be featuring the following Farms on the IDEA CNP Facebook page

## NOVEMBER: IDEA ACHIEVE

Farmer & Assistant Farmer  
Valerie Reed & Maria Medina

### HARVEST

Green Beans



## DECEMBER: IDEA ELSA

Farmer & Assistant Farmer  
Jordan Roney & Krsten Rodriguez

### HARVEST:

Caraflex Cabbage



## JANUARY: IDEA EDMERE

Farmer & Assistant Farmer:  
Denise Garcia & Amy Arreola

### HARVEST:

Carrots



Be sure to  
"Like, Follow & Share"

"IDEA CNP" on Facebook for more info about our amazing famers!





## Celebrate Fresh!

Celebrate delicious, nutritious foods with these National Food Holidays:

### November is National Pepper Month



- Peppers come in many types, including sweet bell peppers, spicy jalapeños, and fiery habaneros. There are over 1,500 varieties worldwide!
- They can be eaten raw, cooked, pickled, or dried. They're a versatile ingredient in cuisines around the world, from salsas to curries.
- They come in many types, including sweet bell peppers, spicy jalapeños, and fiery habaneros. There are over 1,500 varieties worldwide!

### December is National Pear Month



- Fresh Pears are offered as a Fresh Fruit Option during meals!
- There are over 3,000 varieties of pears worldwide!
- Most pears sold in the U.S. are grown in Oregon & Washington

### January is National Oatmeal Month



- Oats make a great breakfast food because they are filling!
- Oats are served in the Sunny Oatmeal Round, Homemade Granola, and Oatmeal
- Oatmeal can be customized with a variety of toppings, such as fruits, nuts, honey, yogurt, and spices, allowing for endless flavor combinations.



# Culinary Creations/Holiday Recipe: Green Beans Almondine



## INGREDIENTS

1. Fill a large pot with water, add salt and bring it to a boil.
2. Once boiling, add green beans to the pot and cover with a lid. Allow these to cook for 2-3 minutes.
3. While the green beans are boiling, fill a large bowl with ice and water and set aside.
4. After 2-3 minutes of boiling drain beans and submerge in the ice water bath for about 5 minutes to stop the cooking process.
5. Once green beans have cooled down, remove from the ice bath and pat dry.

## BLANCHING INSTRUCTIONS

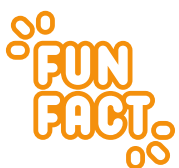
- 1/4c Olive oil
- 1 shallot, sliced
- 2-3 garlic cloves, minced
- 1 lb fresh green beans
- 1/4c sliced almonds
- Juice of 1/2 lemon
- Salt to taste
- 1/8 tsp Lemon zest (optional)

## COOKING INSTRUCTIONS

1. Heat a large sauté pan to medium high heat and add the oil.
2. Once hot, add the sliced shallots and sauté until translucent then, add the minced garlic and continue to sauté until garlic is fragrant.
3. Add green beans and almonds to the pan and sauté for 2-3 minutes.
4. Salt the green beans to taste, then add lemon juice, stir and cover for an additional 2-3 minutes.
5. Turn off the heat and add lemon zest right before serving

Want more cookbook recipes?

Scan the QR code or visit  
[https://issuu.com/ideapublicschools/docs/cookbook\\_2024\\_final](https://issuu.com/ideapublicschools/docs/cookbook_2024_final)



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



## Did you know? Student Feedback Matters!



At IDEA CNP, we value student feedback. Throughout the school year we administer surveys to gather feedback from students about our menu offerings.

We are excited to share that during the Feed Us Your Feedback survey we received over 10,000 survey responses from our students!

The feedback will be analyzed, reviewed and incorporated into our future menu!

We thank our students and families for helping us improve our service with their feedback!

Your feedback really does matter & will continue to be an important part of our CNP program in the new school year.

Please continue to encourage your scholars to share their feedback with us!!

Find us on 

Search "IDEA CNP"  
to Like, Share & Follow our page!



## Food Intolerances vs. Food Allergens

Food intolerances and food allergies are becoming increasingly more common among children, and contrary to popular belief, they are not the same thing.

Check out the info below to learn more about Food Intolerances and Food Allergies.

### Food Intolerance

- Food intolerances affect the digestive system due to an inability to break down the food properly or fully.
- One of the most common food intolerances is lactose intolerance.
- Typical symptoms include upset stomach, nausea or vomiting.

### Food Allergy

- Food allergies involve the immune system and occur when the immune system mistakenly thinks a food is dangerous and treats it as an enemy.
- Milk, egg and peanut are the most common allergies for children, while shellfish, peanut and tree nuts are most common for adults.
- An allergic reaction can range from mild to life threatening.

Whether your student has food intolerances or food allergies, we can provide accommodation for medically necessary dietary needs.

Visit our website for more information on Special Diets.

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

## Coming up..

Get ready for our Winter Menu Survey!  
Your feedback will help us enhance our meal offerings and ensure that all students have delicious and satisfying options  
**January 27, 2025- February 21, 2025!**





# 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

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