

CHILD NUTRITION PROGRAM NEWSLETTER

IDEA PUBLIC SCHOOLS

MAY / JUNE / JULY 2025

IDEA CNP Newsletter – Summer Edition



Team and Family!



Welcome to the sunny side of the year! As the summer heat rolls in, we're turning up the warmth with stories that celebrate what makes our CNP Family so special - teamwork, connection and care.

In this edition, we're excited to share all the latest updates, highlights, and upcoming events with you! You'll also find inspiring moments that remind us why "Team and Family" isn't just one of our core values—it's the heart of how we thrive together.

🌱 Nutrition Spotlight: Edamame 🌱

As part of our Spring Menu, our scholars are enjoying some spicy edamame! These vibrant green soybeans are not only delicious, they're also packed with nutrients.

Edamame is a great source of plant-based protein, fiber, and essential vitamins like Vitamin K and folate. It supports growing bodies and gives lasting energy throughout the day. The spicy twist adds flavor while encouraging kids to explore new, nutritious foods.

IDEA Public Schools

EDAMAME

NUTRITION FACTS

- HIGH IN PROTEIN - LIKE EGGS
- RICH IN FIBER - LIKE BROWN RICE
- LOW IN GLYCEMIC INDEX - LIKE SWEET POTATOES
- ANTIOXIDANT - LIKE NUTS

RECIPE CORNER

SPICY EDAMAME
PART OF OUR SPRING LUNCH MENU

EDAMAME IS A JAPANESE WORD MEANING "STEM BEANS" BECAUSE THEY ARE OFTEN SOLD STILL ATTACHED TO THE STEM

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

HEALTHY KIDS HERE
CELEBRATING 10 YEARS

HIGH IN OMEGA-3, WHICH IS A HEART-HEALTHY FAT

CONSIDERED A COMPLETE PROTEIN, WHICH IS A GREAT OPTION FOR VEGETARIANS AND VEGANS

THE PLANTS GROW TO BE 2-3 FEET TALL AND THE BEANS ARE HARVESTED WHILE STILL GREEN, USUALLY 35-40 DAYS AFTER FLOWERING

CONTAIN ISOFLAVONES, WHICH REDUCES THE RISK OF CANCER

Looking for menus?

Visit our website for the monthly menu
www.idealpublicschools.org/parents/cnp



IDEA FARMS



Be sure to
"Like, Follow & Share"

"IDEA Public Schools Child Nutrition Program"

click above for more info about CNP & our amazing farms!



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

MAY: IDEA BRIDGE



Farmer:
Danesha Shepherd
HARVEST
Snap Peas

JUNE: IDEA EASTSIDE

Farmer & Assistant

Farmer:

Murienne Nunes &
Elva Mendez

HARVEST:

Squash



JULY: IDEA QUEST

Farmer & Assistant Farmer:

Taylor Snowden &
Cesar Garcia

HARVEST:

Figs

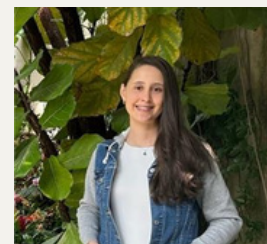


Danesha Shepherd- IDEA Bridge

Danesha Shepherd serves as the CNP Farmer at IDEA Bridge in Baton Rouge, Louisiana. In May, she cultivated sugar snap peas for the school's "Harvest of the Month" program, giving students a hands-on opportunity to learn about fresh, seasonal produce. Her work supports IDEA Public Schools' broader farm initiative, which promotes sustainable agriculture, socio-emotional development, and culturally responsive nutrition education.

Murienne Nunes- IDEA Eastside

Murienne Nunes serves as the CNP Farmer at IDEA Eastside in San Antonio, Texas. In June, she is cultivating squash as part of the school's "Harvest of the Month" program. By integrating farming into the educational curriculum, the program seeks to foster a sense of responsibility and awareness about nutrition and the environment among students.



Elva Mendez- IDEA Eastside

Elva Mendez is the Assistant Farmer at IDEA Eastside in San Antonio, Texas. For the month of June, she is working alongside Murienne Nunes to grow snap peas as part of the school's "Harvest of the Month" program. Together, they're providing students with hands-on learning experiences through sustainable agriculture and fresh, seasonal produce.



Taylor Snowden- IDEA Quest

Taylor Snowden is the Farmer at IDEA Quest in Edinburg, Texas. For the month of July, she is growing figs as part of the school's "Harvest of the Month" program. This initiative highlights seasonal produce each month and helps students learn about nutrition, sustainability, and where their food comes from.



Cesar Garcia- IDEA Quest

Cesar Garcia is the Assistant Farmer at IDEA Quest in Edinburg, Texas. This July, he is working alongside Taylor Snowden to grow figs as part of the school's "Harvest of the Month" program. By growing figs, Cesar and Taylor are helping students build a deeper connection to the food they eat and the environment around them.





Celebrate Fresh!

Celebrate delicious, nutritious foods with these National Food Holidays:

May is National Strawberry Month



- Strawberries are the most popular berry in the world! They're enjoyed in many forms—from fresh and frozen to jams, jellies, and smoothies.
- Strawberries are a powerhouse of Vitamin C! They're great for boosting your immune system and promoting healthy skin.
- Humans have been enjoying strawberries for thousands of years! The first cultivated strawberries were grown by the Romans, but the modern-day varieties were developed in the 18th century in Europe and North America.

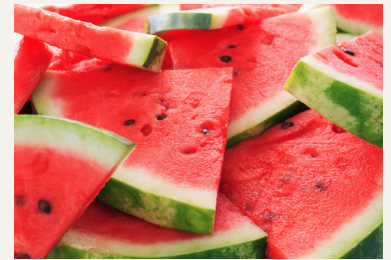
HELL[☀]
Summer

June is National Lemon Month



- Lemons are believed to have originated in Southeast Asia around 2,000 years ago. They made their way to the Mediterranean region and were cultivated by ancient civilizations like the Romans and Greeks.
- Lemon trees can live for decades and continue to produce fruit. The oldest known lemon tree, in the city of Genoa, Italy, is more than 200 years old!
- The peel of the lemon is just as nutritious as the fruit itself! It's packed with antioxidants and contains a significant amount of fiber, helping with digestion and reducing inflammation.

July is National Watermelon Month



- Watermelon is technically both a fruit and a vegetable! While it's classified as a fruit because it grows from a flower and contains seeds, it's also related to cucumbers, pumpkins, and squash—making it a vegetable in the botanical world!
- Watermelons are believed to have originated in southern Africa more than 5,000 years ago. They were cultivated by ancient Egyptians, who even depicted the fruit in their tombs!
- Watermelon is made up of about 92% water, making it one of the most hydrating fruits you can eat. It's perfect for hot summer days to help you stay refreshed and hydrated.



CULINARY CREATIONS

RECIPE SPOTLIGHT

IDEA's Protein Rich Enchilada Sauce



INSTRUCTIONS

1. Heat a saucepan to medium heat and add oil and onion.
2. Sauté onion until it becomes translucent, then add the garlic, and cook for another 1-2 minutes.
3. Add crushed tomato, 1/2c of water, spices, beans, including the liquid, and salt to taste. Stir well to combine all ingredients.
4. Bring the mixture to a boil, then lower the temperature to medium-low. Cover, and simmer for about 10-15 minutes to allow the sauce to thicken.
5. Remove the saucepan from heat, take off the lid, and allow the sauce to cool for about 10 minutes before blending. The sauce should no longer be bubbling.
6. Using a handheld stick blender, blend the enchilada sauce on the lowest setting, slowly increasing the speed until the beans have been blended and the sauce reaches a smooth consistency. Add more water as needed to reach your desired consistency.
*** If you do not have a stick blender, you can cool the sauce for longer and use a tabletop blender.***
7. Reheat if needed and pour this delicious sauce over your favorite taquitos! Top with shredded cheese.

SERVING SIZE: 8 SERVINGS

PREP TIME: 15MIN

COOKING TIME: 45MIN

INGREDIENTS

- 1/8 cup olive oil
- 1/2 medium onion, diced
- 2 Tbs chopped garlic
- 2- 15 oz. can crushed tomatoes
- 1- 16 oz. can dark red kidney beans
- 2 Tbs chili powder
- 2 tsp ground cumin
- 1 Tbs cup granulated garlic
- 1 tsp dried oregano leaves
- Water
- Salt to taste

STUDENT COMMENTS

IDEA
Parmer
Park

Can you teach my mom how to make the enchiladas please?

-Anonymous

IDEA
Ingram
Hills

Please actually bring back the food and those yummy enchiladas.

-Anonymous

Want more cookbook recipes?

Scan the QR code or visit

https://issuu.com/ideapublicschools/docs/cookbook_2024_final





Coming up..

 **Summer Meals Are Here!**

We're excited to announce that IDEA Public Schools will once again participate in the Seamless Summer Option (SSO)—a program that allows us to serve free meals to all children 18 and under during the summer months!

Whether your child is enrolled in summer school or just visiting a participating campus, they can enjoy nutritious breakfast and lunch at no cost.

Stay tuned for specific campus dates, times, and locations where meals will be served. Let's keep our kids fueled and healthy all summer long! 🌞🍉🍪



Find us on 

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





FOOD ALLERGY AWARENESS MONTH



May is Food Allergy Awareness Month!

Creating a safer, more inclusive school community starts with awareness. Food allergies affect 1 in 13 children—and every allergic reaction has the potential to be serious. At IDEA Public Schools, we're committed to keeping all students safe and included."

Simple Ways We All Can Do to Help Keep Everyone Safe:



Wash Up

Encourage kids to wash their hands with warm, soapy water before and after eating. This helps prevent the spread of allergens to shared surfaces and classmates.



Label Clearly

If you're sending food to school, make sure it's labeled with all ingredients. This is especially helpful for classroom snacks and celebrations.



Talk About It

Teach your child the importance of being kind and understanding toward classmates with food allergies. Anyone can be an Allergy Pal!



Stay Informed

Check with your child's school about food allergy policies and what's allowed in classrooms or at events.



Practice Inclusion

When planning classroom treats or birthday snacks, consider allergy-friendly options or even non-food items so all kids can join in the fun!

TOP 9 MAJOR ALLERGENS (REQUIRED BY LAW TO BE LABELED)

01



MILK

and Dairy Products

02



EGG

and Egg Products

03



SOY

and Soy Products

04



WHEAT

and Wheat Products

05



FISH

Salmon, Tuna, Cod, etc.

06



TREE NUTS

Pecans, etc.

07



PEANUTS

and Peanut Products

08



SESAME

and Sesame Products

09



SHELLFISH

Shrimp, Crab, etc.

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.idealpublicschools.org/parents/cnp





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

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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email:

Program.Intake@usda.gov

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