

CHILD NUTRITION PROGRAM NEWSLETTER

IDEA PUBLIC SCHOOLS

MAY / JUNE / JULY 2026



Team and Family!



Welcome to the sunny side of the year! As summer arrives, we're celebrating teamwork, connection, and care across our CNP Family.

At IDEA CNP, we believe small, everyday choices build healthy habits. This season, we're focusing on four key areas that support balanced living and lifelong wellness:

- We encourage scholars to enjoy balanced meals from all food groups to support learning, growth, and energy.
- We highlight colorful fruits and vegetables through fun, tasty options that help scholars discover new favorites.
- We promote water as the best choice to stay refreshed and energized throughout the day.
- We support daily movement, from recess to classroom breaks, to help scholars stay focused and active.
- We empower scholars to make mindful food choices that support their health and well-being.

Looking for menus?

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



Balanced Eating



Focus on Fruits & Veggies



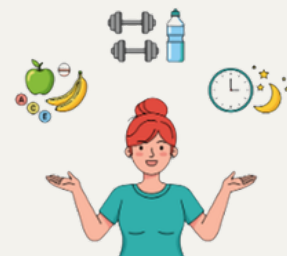
Choose Water First



Move Your Body



Plan for Healthy Choices





Birria originated in Mexico and is traditionally made with slow-cooked meats in a flavorful broth. Our turkey version keeps the taste while supporting a more balanced nutrition profile!

Try our Turkey Birria Bowl from our Spring Menu! 🍴 ✨

This flavorful dish is a lighter twist on a traditional favorite, made with lean turkey and rich, savory spices.



Turkey Birria

NUTRITION FACTS

 <p>FACT 1: This meal has turkey barbacoa, Spanish rice, and beans.</p>	 <p>FACT 2: Birria is a traditional dish from Mexico.</p>	 <p>FACT 3: It comes from the state of Jalisco.</p>
 <p>FACT 4: Birria was first made with goat, beef, or lamb.</p>		 <p>FACT 5: Today, it's known as a rich and tasty stew.</p>
 <p>FACT 6: Turkey is a lean protein that's lower in saturated fat.</p>		 <p>FACT 7: Eating less saturated fat helps keep our hearts healthy.</p>
 <p>FACT 8: Beans give us extra protein and fiber.</p>	 <p>FACT 9: Brown rice is a whole grain.</p>	 <p>FACT 10: Whole grains and beans help our tummies and bodies stay strong.</p>



Recipe Corner
Turkey Birria Bowl
It is now part of our Spring Menu.



IDEA
Public Schools



HEALTHY SCHOOLS
Healthy
KIDS HERE

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Why it's a great choice:

- Lean turkey provides high-quality protein to help build strong muscles 💪
- Packed with bold spices for big flavor without extra heaviness 🌶️
- A balanced meal when paired with rice, beans and fresh vegetables 🥬
- A delicious way to enjoy a cultural favorite in a nutritious way 🍌



IDEA FARMS



Be sure to
"Like, Follow & Share"

"IDEA Public Schools Child Nutrition Program"

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



MAY: IDEA EDMERERE



HARVEST: CORN



Denise Garcia - IDEA Edgemere
CNP Campus Farm Manager



Amy Arreola - IDEA Edgemere
CNP Farmer

We're excited to highlight the hands behind the harvest at IDEA Edgemere, with Farm Manager Denise Garcia and Farmer Amy Arreola, who help bring these fresh ingredients from the garden to our scholars' trays.

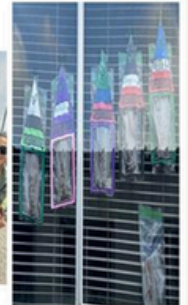
Through our Farms initiative, we continue connecting students to where their food comes from, growing curiosity, encouraging nutritious choices, and making fresh foods fun to explore!

From Garden to Tray: Celebrating Garden Month in April

During Garden Month, scholars explored how food grows from seed to plate! These experiences help build curiosity and encourage trying new fruits and vegetables.

RISE Science Plants/Germination

Let's start planting... soil-beans-soil



Thank you! Ms. Pricilla Carbajal, Ms. Alma Carbajal
Ms. Yarelhi Molano

Growing with Purpose: Honoring Autism Awareness & Earth Day 🌱💚🌍

Our RISE scholars, led by Mrs. Molano, had an exciting hands-on learning experience this week! Thanks to the support of our CNP team, Ms. Y. Molano helped connect us with Ms. Carbajal to bring learning to life outside the classroom. With seeds in hand and a trip to the farm, students engaged in a fun and meaningful lesson that highlighted the power of teamwork and our school family coming together to create memorable experiences. 🌱💚

🍏 Fresh Fruit & Vegetable Day April 17th Highlights

Campuses across IDEA celebrated Fresh Fruit & Vegetable Day with vibrant, fresh options and fun activities that encouraged scholars to try something new!





Celebrate Fresh!

Celebrate delicious, nutritious foods with these National Food Holidays:

May is National Asparagus Month



- Asparagus is a natural diuretic, which means it helps the body get rid of extra water.
- It contains antioxidants that support heart and overall health.
- It contains prebiotics, which help feed the good bacteria in your gut.
- The name “asparagus” comes from a Greek word meaning “sprout” or “shoot.”



June is National Papaya Month



- The inside is filled with black seeds that are edible and have a slightly peppery taste.
- They contain vitamin A and fiber, which support eye and digestive health.
- Papaya has a special enzyme called papain that helps digest protein.
- Papayas grow best in warm, tropical climates like Mexico, Hawaii, and parts of Texas.

July is National Blueberry Month



- They’re known as a “superfood” because they’re packed with antioxidants.
- They are high in vitamin C, vitamin K, and fiber—great for overall health!
- Native Americans used blueberries for food, medicine, and even natural dye.
- Blueberries have a natural coating called a “bloom” that helps protect the fruit—no need to wash it off until you’re ready to eat!



SMOOTHIE BOWLS



Servings



Prep Time



Cook Time



Ingredients

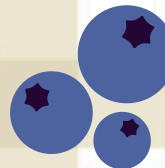
- 1 cup of frozen fruit of choice
- ¼ cup of Greek yogurt
- ¼ cup milk of choice, more as needed
- 1 teaspoon honey
- ½ cup of fresh fruit (strawberries, blackberries, bananas)
- ¼ cup of granola



Want more cookbook recipes?
Scan the QR code or visit
<https://ideaps.org/Cookbook2026>

Instructions

1. In a blender, combine frozen fruit, milk, Greek yogurt, and honey. Blend until smooth. If the mixture is too thick, add small amounts of milk at a time, careful to keep the smoothie thick.
2. Pour smoothie into a bowl.
3. Top with fresh fruit and your favorite granola, and a drizzle of honey.






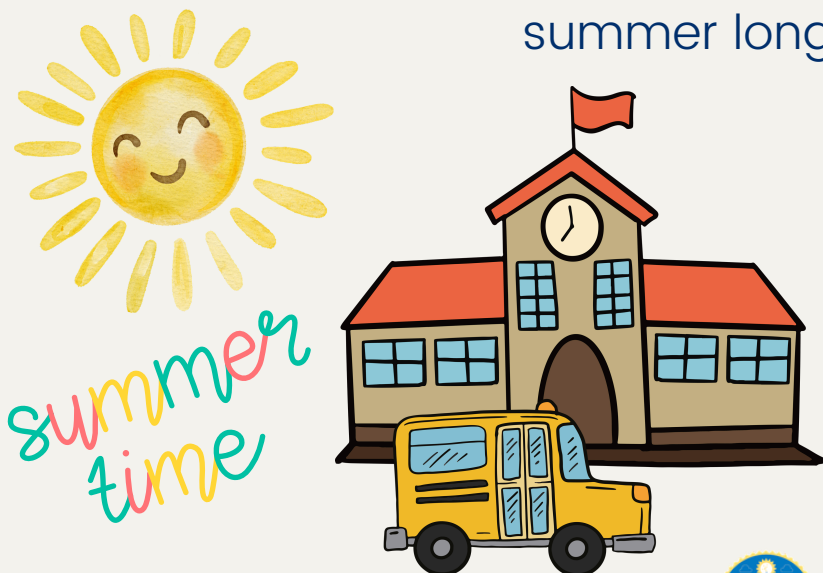
Coming up..


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!





MAY: 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.

Why Nutrition Labels Matter

- The Top 9 allergens must always be clearly listed on food labels.
- Always check advisory statements such as “may contain” or “processed in a facility with...”
- Carefully review the ingredients list to catch any hidden or unexpected allergens.
- Read labels **EVERY TIME**, as recipes and manufacturing processes can change.

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 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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