

CHILD NUTRITION PROGRAM NEWSLETTER

IDEA PUBLIC SCHOOLS

August/September/October 2026



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



Professional Development Trainings



Menu Creation



Recipe Testing our scratch-cooked recipes

We are excited for students to return and we know that school year 2026-2027 will be a great one!

Looking for menus?

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



FACT 1:
"Umami" means "delicious" in Japanese.

FACT 2:
Broccoli is a flower that hasn't bloomed yet.

FACT 3:
Broccoli and cauliflower are veggie cousins.

FACT 4:
They are in the same family as cabbage and kale.

FACT 5:
Broccoli comes from the Mediterranean region.

FACT 6:
There are different kinds, like Calabrese and purple broccoli.

FACT 7:
Broccoli has vitamin K to help stop bleeding.

FACT 8:
It also has calcium for strong bones.

FACT 9:
Vitamins A and C help you grow and fight colds.

FACT 10:
Broccoli has lots of water to help keep you hydrated.

Recipe Corner
Umami Broccoli
"It is now part of our Summer Menu!"

IDEA Public Schools

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Nutrition Spotlight: Broccoli

Fresh, crunchy, and packed with nutrients! Broccoli is a versatile vegetable loaded with vitamins, minerals, and fiber. Enjoy it steamed, roasted, or raw for a delicious way to add more vegetables to your day. Try it as a side dish, toss it into salads and stir-fries, or pair it with your favorite dip for a nutritious snack!





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 nutrient dense and flavourful meals that feature:



Protein



Assorted Milk



Fresh Fruit & Vegetables



Whole Grains

Farm to School Program



School Farms are more than just a fun outdoor activity, they're powerful tools for enhancing learning, promoting fresh and satisfying habits, and building community. Here's why they matter:



Our Farm to School program delivers fresh produce from our school farms directly to our cafeterias! By partnering with our CNP Farm Team, we give students the chance to enjoy seasonal fruits and vegetables while learning where their food comes from. It's a fun, nutritious way to support agriculture and inspire lifelong balanced and bold habits!

Be sure to
Like, Follow & Share

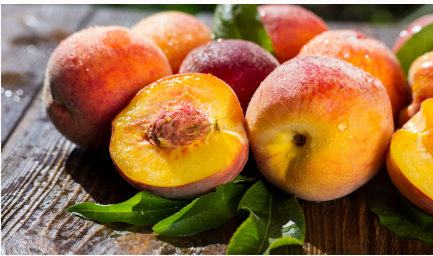
"IDEA CNP" on Facebook for more info about our amazing famers!



Celebrate Fresh!

Celebrate delicious, nutritious foods with these National Food Holidays:

August is National Peach Month



- The fuzzy skin on peaches helps protect the fruit from insects and environmental damage.
- Georgia is known as the "Peach State," but California actually produces more peaches than any other U.S. state.
- In Victorian times, giving someone a peach was considered a compliment, symbolizing appreciation and friendship.

September is National Fruit & Veggies Month



- The observance is dedicated to promoting the health benefits of fruits and vegetables and increasing consumption nationwide.
- Fruits and vegetables are packed with vitamins, minerals, fiber, and antioxidants that help support overall health.
- Fresh produce doesn't have to come from a grocery store. Visiting farmers markets, gardens, and pick-your-own farms are popular ways to celebrate.

October is Vegetarian Month



- Vegetarian diets have existed for thousands of years, making them one of the oldest known eating patterns.
- A well balanced and varied vegetarian diet can provide all the nutrients, including protein, that most people need.
- Vegetarian meals often include a variety of fruits, vegetables, legumes, nuts, and seeds, providing important nutrients like fiber, vitamins, and antioxidants.

✨ Craving something refreshing with a twist? Don't miss our Watermelon Agua Fresca recipes on page 4!



HOM Recipes & Resources

Visit our website to explore Harvest of the Month resources and get inspired to celebrate fresh at home!

www.idealpublicschools.org/parents/cnp

HARVEST OF THE MONTH // COSECHA DEL MES

AUGUST 2024	AGOSTO 2024	FEBRUARY 2025	FEBRERO 2025
SEPTEMBER 2024	SEPTIEMBRE 2024	MARCH 2025	MARZO 2025
OCTOBER 2024	OCTUBRE 2024	APRIL 2025	ABRIL 2025
NOVEMBER 2024	NOVIEMBRE 2024	MAY 2025	MAYO 2025
DECEMBER 2024	DICIEMBRE 2024	JUNE 2025	JUNIO 2025
JANUARY 2025	ENERO 2025	JULY 2025	JULIO 2025

▶ Previous Harvests of the Month // Cosecha Anterior Del Mes



Watermelon Agua Fresca



INGREDIENTS

- 2 lbs Watermelon chunks
- 4 c Water
- Sweeten to taste using your choice of sweetener
- Ice

Instructions

1. Place watermelon chunks, water, and sweetener in a blender and blend until smooth. This takes about 3-5 minutes.
2. Pour ice into cups and then pour in watermelon agua fresca.
3. Enjoy!

***** Optional step: For a smoother consistency, use a strainer to remove watermelon pulp from the agua fresca before serving. *****



Want more cookbook recipes?
Scan the QR code or visit
<https://ideapublicschools.org/parents/cnp>

Special Diets Protocol

Accommodating Children with Special Dietary Needs

At IDEA Public Schools, we are committed to serving nutritious meals that meet USDA and State guidelines for **all students**, including those requiring **special dietary accommodations** due to medical needs such as **disabilities, food allergies, and intolerances**.

OVERVIEW

Special Diets are menu accommodations for students with:

- Disabilities
- Life-threatening food allergies
- Non-life-threatening medical conditions

To initiate the process, parents/guardians must submit a completed IDEA Special Diet Request Form to their campus Cafeteria Manager. Form must be signed by a U.S. licensed physician or Registered Dietitian

REQUIRED MEDICAL DOCUMENTATION

For Life-Threatening Conditions or Disabilities:

Form must be signed by either a **U.S. licensed physician** or a **Registered Dietitian**, and include/specify:

- Diagnosis and explanation of condition/disability
- Identifies major life activity affected by condition/disability
- Foods to omit and substitute as needed

For Non-Life-Threatening Special Dietary Needs:

Must also be signed by a **U.S. licensed physician** or a **Registered Dietitian**, and include/specify:

- Medical condition
- Foods to avoid/substitute

*****Note: There is a 3-week lead time for processing and forms not submitted on the current IDEA Special Diet Request form cannot be accepted and will be returned.*****



Special Diets Protocol

CONTINUED: ACCOMMODATING CHILDREN WITH SPECIAL DIETARY NEEDS



DISTRIBUTION OF RESPONSIBILITY

Parents/Guardians Must:

- Submit completed forms with accurate information
- Provide an updated form for any dietary changes
- Submit a written statement to discontinue an accommodation

IDEA CNP Can:

- Provide meals in line with approved requests

IDEA CNP Cannot:

- Make substitutions without an approved form
- Interpret or alter a physician's diet order
- Provide juice or water as milk alternatives

PERSONAL PREFERENCES & RELIGIOUS REQUESTS

While we respect all food-related beliefs and preferences, **only medical-based** accommodations are able to be provided at this time. However, our meal service provides flexibility in several ways, including:

- We regularly offer **vegetarian-friendly** menu options.
- All of campuses participate in Offer vs. Serve, which allows students to choose which of the offered meal components they would like each day. Families may also send additional food items from home to round out the meal.
- Our **School Cafe** menu platform provides nutrition and allergen information (including pork) for all meals

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

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