Child Nutrition Program

NEWSLETTER

NOVEMBER / DECEMBER/ JANUARY 2027

IDEA Public Schools



A Season of Gratitude & Celebration

As we celebrate the holiday season and welcome a new year, we're excited to share resources that support healthy habits at home and at school. Inside, you'll find nutrition tips, fresh produce highlights, a holiday recipe, food allergy awareness information, and Child Nutrition Program updates.

Thank you for partnering with us to support student health and success every day!

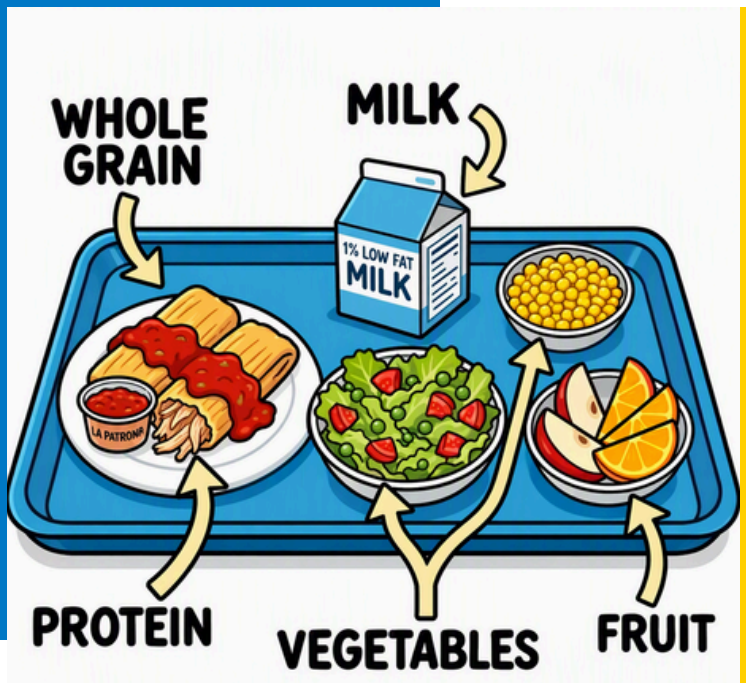
LOOKING FOR MENUS?

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

IDEA PUBLIC SCHOOLS Healthy KIDS HERE

Follow us on:

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



Nutrition Education Corner

Building healthy habits starts with making nutritious choices every day. Students learn the importance of creating balanced meals that include fruits, vegetables, whole grains, lean proteins, and assorted milk. Through engaging nutrition education and cafeteria signage, we help scholars develop lifelong healthy eating habits that support learning and overall wellness.

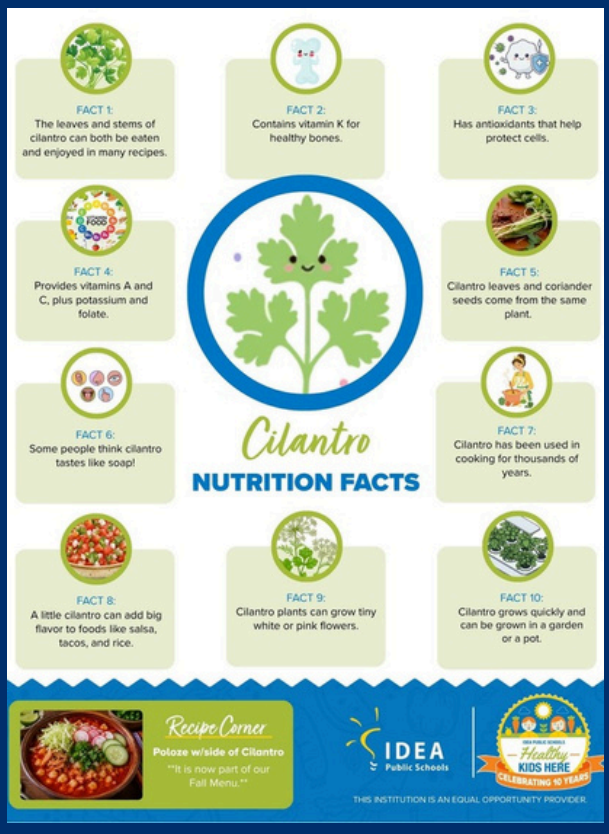
Line Signage: Bringing Nutrition Education to the Cafeteria

- Healthy habits can start with everyday moments, including time spent in the cafeteria. With each new menu release, IDEA Child Nutrition Program introduces a new series of Line Signage featuring fun nutrition facts and spotlights on foods served in our schools.

- Displayed on cafeteria serving lines and shared on our CNP social media pages, these educational resources help students learn more about nutrition while making connections to the foods on their trays. It's one more way we're making healthy eating engaging, accessible, and fun for our scholars both at school and at home.

Find Resources On

Nutrition Spotlight: Cilantro



More than a garnish, cilantro adds fresh flavor and is a good source of vitamins A, C, and K. Sprinkle it on tacos, soups, salads, or rice for a nutritious boost!

THE LUNCHBOX SERIES

DID YOU KNOW?

Throughout the school year, the IDEA Child Nutrition Program will share the Lunchbox Series, a family-focused resource that highlights the many benefits of school meals. Each edition provides helpful nutrition information, healthy eating tips, and resources designed to support students both in and out of the classroom.

Families can look forward to seasonal topics, nutrition education, menu resources, and reminders about the healthy, balanced meals available to students every day. The Lunchbox Series is one more way we're helping families stay connected to the Child Nutrition Program and the important role school meals play in student success.

Meal Option	Daily Cost	Annual Cost*
 Fast Food/ Convenience Meals	$23/day	$4,140/year
 Packed Meals from Groceries	$12/day	$2,160/year
 School Breakfast & Lunch	$0/day *(Available at School)*	Significant Savings

IDEA Public Schools is proud to continue offering free breakfast and lunch to all students across Texas through the Community Eligibility Provision (CEP). The IDEA Child Nutrition Program is committed to providing nutritious meals that support student health, well-being, and academic success.

- Nutritious meals offered daily
- Up to $4,000 in annual savings for a family with two children
- Fueling student success every day
- Healthy Meals. Stronger Families.

School meals do more than nourish students. They help reduce food costs for families while ensuring every scholar has access to healthy breakfasts and lunches that support learning and growth.

SCAN THE QR CODE

Families are encouraged to visit the Child Nutrition Program webpage for additional information, menus, and other helpful resources.









IDEA FARMS

At IDEA Public Schools, learning extends beyond the classroom through IDEA Farms, where students can discover how food is grown and the important role agriculture plays in healthy communities. In recognition of World Soil Day on December 5, we're celebrating the connection between healthy soil, fresh foods, and student nutrition. Thank you to our IDEA Farms teams for inspiring future growers and helping students build a greater appreciation for the foods on their plates.

Celebrate Fresh

Celebrate delicious, nutritious foods with these National Food Holidays:

National Pomegranate Month



- **Packed with fiber for healthy digestion, pomegranates are known as a symbol of prosperity and contain hundreds of juicy, sweet-tart seeds called arils.**

National Pear Month



- **Pears are a good source of fiber and vitamin C. Fun fact: they continue to ripen after they're picked!**

National Citrus Month



- **Citrus fruits, such as oranges and lemons, are packed with vitamin C to help support a healthy immune system. Sweet, juicy, and refreshing. They're a delicious way to fuel your day!**

HOM Recipes and Resources

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

www.ideapublicschools.org/parents/cnp

HARVEST OF THE MONTH // COSECHA DEL MES

AUGUST 2026	AGOSTO 2026	OCTOBER 2026	OCTUBRE 2026
SEPTEMBER 2026	SEPTIEMBRE 2026	HOM Cookbook (Updated Monthly)	

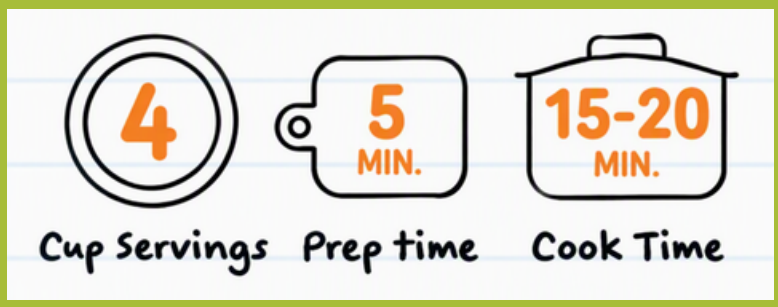
Be sure to
"Like, Follow & Share"
"IDEA CNP" on Facebook & Instagram for more info about our amazing famers!

PUMPKIN PIE BREAKFAST QUINOA

INGREDIENTS

- 1 cup quinoa, uncooked
- 1 cup pumpkin purée
- 1½ cups unsweetened coconut milk (or any milk)
- ½ cup water
- 2 tablespoons honey (or maple syrup)
- ½ teaspoon pumpkin pie spice
- ¼ cup chopped pecans
- 2 tablespoons shredded coconut





INSTRUCTIONS:

1. In a pot, bring coconut milk and water to a gentle simmer.
2. Add in quinoa and cook for 8-10 minutes until cooked.
3. Stir in pumpkin purée, honey, and pumpkin pie spice. Stir to combine and heat through.
4. Serve warm, topped with pecans and shredded coconut.

WANT MORE COOKBOOK RECIPES?

Scan the QR Code or Visit
https://ideaps.org/Cookbook2026

FOOD ALLERGY AWARENESS

SAFETY

Food allergies affect many children and can pose serious health risks. Understanding common allergens, reading ingredient labels, and communicating dietary needs can help keep students safe.

Creating an allergy-aware environment is about more than food. It's about inclusion, respect, and ensuring every child feels comfortable participating in meals, celebrations, and school activities.



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.

SCAN THE QR CODE

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

NON-DISCRIMINATION STATMENT

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, audiotape, 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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