

September 2017



IDEA
Public Schools



| M | T | W | T | F |
|--|--|---|--|---|
| <p>4</p> <p>Labor Day</p> | <p>5</p> <p>B: Turkey Sausage Biscuit</p> <p>L: Beef Steak Fingers Mashed Potato Seasoned Green Beans</p> | <p>6</p> <p>B: Kolache</p> <p>L: Turkey Pepperoni Pizza Mandarin Salad Zucchini/Corn Medley FF Ranch Dressing</p> | <p>7</p> <p>B: Yogurt Fruit Parfait & Granola</p> <p>L: Oven Roasted Chicken Cilantro Lime Rice Lentil Soup Red Cabbage Salsa</p> | <p>8</p> <p>B: English Muffin w/Canadian Ham</p> <p>L: Turkey Meatball Sub Sweet Potato Crinkles Spinach Deli Salad</p> |
| <p>11</p> <p>B: Kolache</p> <p>L: Veggie Pizza Steamed Corn Garden Salad</p> | <p>12</p> <p>B: Yogurt & Graham Cracker Pack</p> <p>L: Bistek Tacos Cilantro Relish Charro Beans</p> | <p>13</p> <p>B: Sweet Potato Gingerbread</p> <p>L: Grilled Cheese Sandwich Romaine and Tomato Salad Tomato soup</p> | <p>14</p> <p>B: Turkey Ham & Cheese Croissant</p> <p>L: Pasta w/Turkey Meatballs Italian Veggie Blend Garden Salad Garlic Bread Stick</p> | <p>15</p> <p>B: Assorted Muffins</p> <p>L: Clux Deluxe Burger Sweet Potato Crinkles Deli Salad</p> |
| <p>18</p> <p>B: Assorted Mini Pancakes</p> <p>L: Crispy Beef Tacos Romaine & Tomato Salad Refried Beans</p> | <p>19</p> <p>B: Yogurt Fruit Parfait & Granola</p> <p>L: Turkey Pepperoni Pizza Mandarin salad Celery & Carrot Sticks</p> | <p>20</p> <p>B: Turkey Ham & Cheese Croissant</p> <p>L: Golden Chicken Tenders Mashed Potato, Broccoli w/Cheese Garlic Toast</p> | <p>21</p> <p>B: Assorted Jamwiches</p> <p>L: Pizza Pocket Fresh baby carrots Italian vegetable Blend</p> | <p>22</p> <p>B: Kolache</p> <p>L: Beef Steak Cheeseburger Sweet Potato Crinkles Spinach Deli Salad</p> |
| <p>25</p> <p>B: Assorted Mini French Toast</p> <p>L: Turkey Pepperoni Pizza Mandarin Salad Zucchini/Corn Medley FF Ranch Dressing</p> | <p>26</p> <p>B: Turkey Sausage Biscuit</p> <p>L: Beef Steak Fingers Mashed Potato Seasoned Green Beans</p> | <p>27</p> <p>B: Kolache</p> <p>L: Turkey Lasagna Rollup Italian Zucchini Garden salad Garlic Toast</p> | <p>28</p> <p>B: Yogurt Fruit Parfait & Granola</p> <p>L: Oven Roasted Chicken Cilantro Lime Rice Lentil Soup Red Cabbage Salsa</p> | <p>29</p> <p>B: English Muffin w/Canadian Ham</p> <p>L: Turkey Meatball Sub Sweet Potato Crinkles Spinach Deli Salad</p> |

Key B: Breakfast | L: Lunch | FF: Fat Free

Offered Daily

For Breakfast:

- Assorted Fresh Fruit
- 100% Fruit Juice (K – 12)
- Fat-Free Milk
- 1% Milk
- Whole Grains

For Lunch:

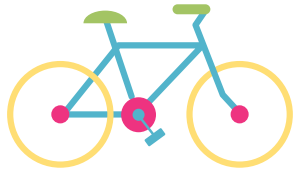
- Assorted Fresh Fruit
- Fat-Free Milk
- 1% Milk
- Whole Grains

Menu is subject to change.

Nutrition Tips

Staying Hydrated

The American Academy of Pediatrics recommends that children drink six glasses of water a day. Water has many important functions in the body including; regulating your body's temperature, digesting food, and excreting waste. Water is also essential for healthy weight. It is sugar, caffeine, and calorie free. For kids that don't like water, try adding slices of fruit such as orange wedges or fresh strawberries.



Get Active!

Watching television, sitting in front of the computer and playing inactive video games are passive activities and can lead to an unhealthy body weight. Evaluate how much time your child spends playing video games; cut back by 30 minutes each day until you reach an agreed upon time. Expand their screen time choices by including active games promoting fitness instead of sitting and only using their thumbs.

Infused Water Recipe

Add 1 cup sliced fruit, veggies and herbs to 1 liter of water. Sit over night for best flavor.

Recipe 1: Orange, raspberry and Mexican marigold

Recipe 2: Mint, melon, basil, cucumber

Recipe 3: Lime, mango, cilantro



WATERTOPIA HYDRATION CHALLENGE

Brought to you by IDEA North Mission Master Innovators Program

Look for the new hydration stations in your IDEA cafeteria. This water filtration and refilling system enhances the taste of the water and improves access to water.

Also eat plenty of foods that contain water. Foods like celery, baby carrots, tomato, broccoli, grapefruit, strawberries, lettuce, and watermelon contain at least 90% water and most are served in your IDEA cafeteria.

Only 15% of students are getting enough water per day. Lack of water leads to fatigue, poor concentration, and reduced cognitive abilities. Water makes up about 80% of the brain and is needed for neurological transmissions. Poor hydration reduces the brains ability to transmit and receive information. Once you feel thirsty, mental performance is already decreased by 10%. When dehydrated the brain performs 10-15% more slowly. Stay hydrated and drink plenty of water. Look for the hydration stations in your cafeteria. Also eat plenty of foods that contain water. Foods like celery, baby carrots, tomato, broccoli, grapefruit, strawberries, lettuce and watermelon contain at least 90% water and most are served in your cafeteria.

Visit Our Website

At www.ideapublicschools.org for

- Meal Pricing
- Nutritional Information
- Meal Charge Policy
- A la Carte On Account Charge Form
- Special Diet Form
- Wellness Policy

Also Available

Access our Menus by using the My School Menus App. Search “My School Menu” in the App Store or on Google Play.



Joke of the Month

Why did the baby strawberry cry?

See answer below on the right.



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.