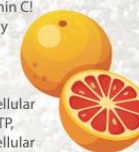




December 2018

InSeason! Grapefruit

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!



May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast: 03
Mini Blueberry Muffin
Lunch:
Wowbutter Sandwich
BBQ Beef Sandwich

Breakfast: 04
Breakfast Pizza
Lunch:
Deli Sandwich
Chicken Drumstick

Breakfast: 05
Gingerbread Marranito
Lunch:
Crispy Chicken Salad
Frito Pie

Breakfast: 06
Sausage Biscuit
Lunch:
Yogurt Plate
Fish Shapes

Breakfast: 07
Mini Pancake Wrap
Lunch:
Bosco's Cheese Sticks
Pepperoni Pizza

Breakfast: 10
Oatmeal Breakfast Bar
Lunch:
Chef Salad
Cheeseburger Macaroni

Breakfast: 11
Pig in a Blanket
Lunch:
Turkey Sub Sandwich
Hot Dog

Breakfast: 12
Cinn. Breakfast Round
Lunch:
Crispy Chicken Salad
Chicken Flautas

Breakfast: 13
Chicken Biscuit
Lunch:
Yogurt Plate
Hamburger

Breakfast: 14
Breakfast Bites
Lunch:
Wild Mike's Cheese Bites
Pepperoni Pizza

Breakfast: 17
Mini Blueberry Muffin
Lunch:
Wowbutter Sandwich
Mini Corn Dogs

Breakfast: 18
Pig in a Blanket
Lunch:
Turkey Sub Sandwich
Hot Dog

Breakfast: 19
Gingerbread Marranito
Lunch:
Crispy Chicken Salad
Nachos Grande

Breakfast: 20
Sausage Biscuit
Lunch:
Yogurt Plate
Chicken Sandwich

Breakfast: 21
Mini Pancake Wrap
Lunch:
Bosco's Cheese Sticks
Pepperoni Pizza

24

Student Holiday

25

Merry Christmas

26

Student Holiday

27

Student Holiday

28

Student Holiday

31

Student Holiday

Announcements

The IISD School Cafeterias offer a variety of fruits, vegetables and whole grain items each day at breakfast and lunch.

Please visit www.inglesideisd.org or call (361) 776-7451 for additional information about the IISD Child Nutrition Program.

Meal Prices

Student Meals are served free of charge to all students at Breakfast and Lunch.

This Institution is an Equal Opportunity Provider.