



# October

2019

## In Season Pumpkins

Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled



### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

**Monday**

Breakfast **1**  
Breakfast Sandwich  
Lunch  
Turkey Sub Sandwich  
Chili Cheese Hot Dog

Breakfast **2**  
Cinn. Breakfast Round  
Lunch  
Crispy Chicken Salad  
Bean & Cheese Burrito

Breakfast **3**  
Chicken Biscuit  
Lunch  
Yogurt Plate  
Hamburger

**4**  
Student Holiday

Breakfast **7**  
Blueberry Muffin  
Lunch  
Wowbutter Sandwich  
Mini Corn Dogs

Breakfast **8**  
Pig in a Blanket  
Lunch  
Deli Sandwich  
Steak Fingers

Breakfast **9**  
Gingerbread Marranito  
Lunch  
Crispy Chicken Salad  
Nachos Grande

Breakfast **10**  
Sausage Biscuit  
Lunch  
Yogurt Plate  
Chicken Sandwich

Breakfast **11**  
Mini Waffles  
Lunch  
Bosco's Cheese Sticks  
Pizza Slice

Breakfast **14**  
Oatmeal Breakfast Bar  
Lunch  
Chef Salad  
Baked Rotini

Breakfast **15**  
Breakfast Sandwich  
Lunch  
Turkey Sub Sandwich  
Popcorn Chicken

Breakfast **16**  
Cinn. Breakfast Round  
Lunch  
Crispy Chicken Salad  
Crispy Beef Tacos

Breakfast **17**  
Chicken Biscuit  
Lunch  
Yogurt Plate  
Hamburger

Breakfast **18**  
Breakfast Bites  
Lunch  
Wild Mike's Cheese Bites  
Pizza Slice

Breakfast **21**  
Blueberry Muffin  
Lunch  
Wowbutter Sandwich  
Chicken Bow Tie

Breakfast **22**  
Pig in a Blanket  
Lunch  
Deli Sandwich  
Chicken Drumstick

Breakfast **23**  
Gingerbread Marranito  
Lunch  
Crispy Chicken Salad  
Frito Pie

Breakfast **24**  
Sausage Biscuit  
Lunch  
Yogurt Plate  
Fish Sticks

Breakfast **25**  
Mini Waffles  
Lunch  
Bosco's Cheese Sticks  
Pizza Slice

Breakfast **28**  
Oatmeal Breakfast Bar  
Lunch  
Chef Salad  
Spaghetti & Meat Sauce

Breakfast **29**  
Breakfast Sandwich  
Lunch  
Turkey Sub Sandwich  
Chili Cheese Hot Dog

Breakfast **30**  
Cinn. Breakfast Round  
Lunch  
Crispy Chicken Salad  
Bean & Cheese Burrito

Breakfast **31**  
Chicken Biscuit  
Lunch  
Yogurt Plate  
Hamburger

## Announcements

The IISD School Cafeterias offer a variety of fruits, vegetables and whole grain items each day at breakfast and lunch. Please click the **ONLINE MENU TAB** for nutritional information and complete menu listings!

Please visit [www.inglesideisd.org](http://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.**