



September 2019

In Season Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants. Grapes are a kind berry. They have a leathery covering and a fleshy inside, similar to blueberries.



Monday

Tuesday

Wednesday

Thursday

Friday

2
Student Holiday

3
Breakfast
Breakfast Sandwich
Lunch
Turkey Sub Sandwich
Chili Cheese Hot Dog

4
Breakfast
Cinn. Breakfast Round
Lunch
Crispy Chicken Salad
Bean & Cheese Burrito

5
Breakfast
Chicken Biscuit
Lunch
Yogurt Plate
Hamburger

6
Breakfast
Breakfast Bites
Lunch
Wild Mike's Cheese Bites
Pizza Slice

9
Breakfast
Blueberry Muffin
Lunch
Wowbutter Sandwich
Mini Corn Dogs

10
Breakfast
Pig in a Blanket
Lunch
Deli Sandwich
Steak Fingers

11
Breakfast
Gingerbread Marranito
Lunch
Crispy Chicken Salad
Nachos Grande

12
Breakfast
Sausage Biscuit
Lunch
Yogurt Plate
Chicken Sandwich

13
Breakfast
Mini Waffles
Lunch
Bosco's Cheese Sticks
Pizza Slice

16
Breakfast
Oatmeal Breakfast Bar
Lunch
Chef Salad
Baked Rotini

17
Breakfast
Breakfast Sandwich
Lunch
Turkey Sub Sandwich
Popcorn Chicken Popper

18
Breakfast
Cinn. Breakfast Round
Lunch
Crispy Chicken Salad
Crispy Beef Tacos

19
Breakfast
Chicken Biscuit
Lunch
Yogurt Plate
Chicken Sandwich

20
Breakfast
Breakfast Bites
Lunch
Wild Mike's Cheese Bites
Pizza Slice

23
Breakfast
Blueberry Muffin
Lunch
Wowbutter Sandwich
Chicken Bow Tie Alfredo

24
Breakfast
Pig in a Blanket
Lunch
Deli Sandwich
Chicken Drumstick

25
Breakfast
Gingerbread Marranito
Lunch
Crispy Chicken Salad
Frito Pie

26
Breakfast
Sausage Biscuit
Lunch
Yogurt Plate
Fish Sticks

27
Breakfast
Mini Waffles
Lunch
Bosco's Cheese Sticks
Pizza Slice

30
Breakfast
Oatmeal Breakfast Bar
Lunch
Chef Salad
Spaghetti & Meat Sauce

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 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.