



IISD Pre-K Menu

October 2018

InSeason! Pumpkins

Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes to cooking, they are often referred to as vegetables.



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

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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01
Breakfast:
 Mini Blueberry Muffin
Lunch:
 BBQ Beef Sandwich

02
Breakfast:
 Breakfast Pizza
Lunch:
 Chicken Drumstick

03
Breakfast:
 Gingerbread Marranito
Lunch:
 Frito Pie

04
Breakfast:
 Sausage Biscuit
Lunch:
 Fish Shapes

05
Breakfast:
 Mini Pancake Wrap
Lunch:
 Pepperoni Pizza

08
Student Holiday

09
Breakfast:
 Pig in a Blanket
Lunch:
 Hot Dog

10
Breakfast:
 Cinnamon Breakfast Round
Lunch:
 Chicken Flautas

11
Breakfast:
 Chicken Biscuit
Lunch:
 Hamburger

12
Breakfast:
 Breakfast Bites
Lunch:
 Wild Mike's Cheese Bites

15
Breakfast:
 Mini Blueberry Muffin
Lunch:
 Mini Corn Dogs

16
Breakfast:
 Breakfast Pizza
Lunch:
 Steak Fingers

17
Breakfast:
 Gingerbread Marranito
Lunch:
 Nachos Grande

18
Breakfast:
 Sausage Biscuit
Lunch:
 Chicken Sandwich

19
Breakfast:
 Mini Pancake Wrap
Lunch:
 Pepperoni Pizza

22
Breakfast:
 Oatmeal Breakfast Bar
Lunch:
 Cheeseburger Macaroni

23
Breakfast:
 Pig in a Blanket
Lunch:
 Popcorn Chicken

24
Breakfast:
 Cinnamon Breakfast Round
Lunch:
 Crispy Taco Salad

25
Breakfast:
 Chicken Biscuit
Lunch:
 Hamburger

26
Breakfast:
 Breakfast Bites
Lunch:
 Wild Mike's Cheese Bites

29
Breakfast:
 Mini Blueberry Muffin
Lunch:
 BBQ Beef Sandwich

30
Breakfast:
 Breakfast Pizza
Lunch:
 Chicken Drumstick

31
Breakfast:
 Gingerbread Marranito
Lunch:
 Frito Pie