



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

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

Breakfast **2**
Cinn. Breakfast Round
Lunch
Bean & Cheese Burrito

Breakfast **3**
Chicken Biscuit
Lunch
Hamburger

4
Student Holiday

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

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

Breakfast **9**
Gingerbread Marranito
Lunch
Nachos Grande

Breakfast **10**
Sausage Biscuit
Lunch
Chicken Sandwich

Breakfast **11**
Mini Waffles
Lunch
Pizza Slice

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

Breakfast **15**
Breakfast Sandwich
Lunch
Popcorn Chicken

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

Breakfast **17**
Chicken Biscuit
Lunch
Hamburger

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

Breakfast **21**
Blueberry Muffin
Lunch
Chicken Bow Tie Alfredo

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

Breakfast **23**
Gingerbread Marranito
Lunch
Frito Pie

Breakfast **24**
Sausage Biscuit
Lunch
Fish Sticks

Breakfast **25**
Mini Waffles
Lunch
Pizza Slice

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

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

Breakfast **30**
Cinn. Breakfast Round
Lunch
Bean & Cheese Burrito

Breakfast **31**
Chicken Biscuit
Lunch
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 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.