



# 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  
Chili Cheese Hot Dog

**4**  
Breakfast  
Cinn. Breakfast Round  
Lunch  
Bean & Cheese Burrito

**5**  
Breakfast  
Chicken Biscuit  
Lunch  
Hamburger

**6**  
Breakfast  
Breakfast Bites  
Lunch  
Wild Mike's Cheese Bites

**9**  
Breakfast  
Blueberry Muffin  
Lunch  
Mini Corn Dogs

**10**  
Breakfast  
Pig in a Blanket  
Lunch  
Steak Fingers

**11**  
Breakfast  
Gingerbread Marranito  
Lunch  
Nachos Grande

**12**  
Breakfast  
Sausage Biscuit  
Lunch  
Chicken Sandwich

**13**  
Breakfast  
Mini Waffles  
Lunch  
Pizza Slice

**16**  
Breakfast  
Oatmeal Breakfast Bar  
Lunch  
Baked Rotini

**17**  
Breakfast  
Breakfast Sandwich  
Lunch  
Popcorn Chicken Popper

**18**  
Breakfast  
Cinn. Breakfast Round  
Lunch  
Crispy Beef Tacos

**19**  
Breakfast  
Chicken Biscuit  
Lunch  
Chicken Sandwich

**20**  
Breakfast  
Breakfast Bites  
Lunch  
Wild Mike's Cheese Bites

**23**  
Breakfast  
Blueberry Muffin  
Lunch  
Chicken Bow Tie Alfredo

**24**  
Breakfast  
Pig in a Blanket  
Lunch  
Chicken Drumstick

**25**  
Breakfast  
Gingerbread Marranito  
Lunch  
Frito Pie

**26**  
Breakfast  
Sausage Biscuit  
Lunch  
Fish Sticks

**27**  
Breakfast  
Mini Waffles  
Lunch  
Pizza Slice

**30**  
Breakfast  
Oatmeal Breakfast Bar  
Lunch  
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](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.**