

IISD Secondary Menu



December 2018

InSeason! Grapefruit

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!

May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast 03 Assorted Muffins Breakfast Pizza Lunch Chicken Alfredo	Breakfast 04 Assorted Muffins Breakfast Pizza Lunch Chili Cheese Hot Dogs	Breakfast 05 Scrambled Eggs French Toast Sticks Lunch Frito Pie	Breakfast 06 Sausage Wrap Breakfast Pizza Lunch BBQ Chicken	Breakfast 07 Breakfast Sandwich Yogurt Cup Lunch Meatball Sub Sandwich
Breakfast 10 Assorted Muffins Breakfast Pizza Lunch Spaghetti & Meat Sauce	Breakfast 11 Assorted Muffins Breakfast Pizza Lunch Chicken Fried Steak	Breakfast 12 Chicken Biscuit Assorted Muffins Lunch Chicken Fajita Tacos	Breakfast 13 French Toast Sticks Oatmeal Strawberry Bar Lunch Thai Sweet Chili Chicken	Breakfast 14 Breakfast Taco Yogurt Cup Lunch Street Tacos
Breakfast 17 Dutch Waffle Biscuit & Gravy Lunch Lasagna	Breakfast 18 Breakfast Bites Sausage Biscuit Lunch Chicken Fried Chicken	Breakfast 19 Scrambled Eggs French Toast Sticks Lunch Nachos Grande	Breakfast 20 Sausage Wrap Breakfast Pizza Lunch Popcorn Chicken Bowl	Breakfast 21 Breakfast Sandwich Yogurt Cup Lunch Flatbread Sandwich Broccoli Cheese Soup
24 Student Holiday	25 Merry Christmas	26 Student Holiday	27 Student Holiday	28 Student Holiday
31 Student Holiday				

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.