

**Health-e  
LIVING**



IISD Secondary Menu

# November

2018

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



Breakfast **01**  
Sausage Wrap  
Breakfast Pizza  
Lunch  
BBQ Chicken

Breakfast **02**  
Breakfast Sandwich  
Yogurt Cup  
Lunch  
Meatball Sub Sandwich

Breakfast **05**  
Assorted Muffins  
Breakfast Pizza  
Lunch  
Spaghetti & Meat Sauce

Breakfast **06**  
Assorted Muffins  
Breakfast Pizza  
Lunch  
Chicken Fried Steak

Breakfast **07**  
Chicken Biscuit  
Assorted Muffins  
Lunch  
Chicken Fajita Tacos

Breakfast **08**  
French Toast Sticks  
Oatmeal Strawberry Bar  
Lunch  
Thanksgiving Feast

Breakfast **09**  
Breakfast Taco  
Yogurt Cup  
Lunch  
Street Tacos

Breakfast **12**  
Dutch Waffle  
Biscuit & Gravy  
Lunch  
Lasagna

Breakfast **13**  
Breakfast Bites  
Sausage Biscuit  
Lunch  
Chicken Fried Chicken

Breakfast **14**  
Scrambled Eggs  
French Toast Sticks  
Lunch  
Nachos Grande

Breakfast **15**  
Sausage Wrap  
Breakfast Pizza  
Lunch  
Popcorn Chicken Bowl

Breakfast **16**  
Breakfast Sandwich  
Yogurt Cup  
Lunch  
Flatbread Sandwich  
Broccoli Cheese Soup

**19**  
Student Holiday

**20**  
Student Holiday

**21**  
Student Holiday

**22**  
Happy Thanksgiving

**23**  
Student Holiday

Breakfast **26**  
Assorted Muffins  
Breakfast Pizza  
Lunch  
Cheeseburger Mac

Breakfast **27**  
Pancake & Sausage  
Breakfast Sandwich  
Lunch  
Chicken Parmesan

Breakfast **28**  
Chicken Biscuit  
Assorted Muffins  
Lunch  
Crispy Beef Tacos

Breakfast **29**  
French Toast Sticks  
Oatmeal Strawberry Bar  
Lunch  
Teriyaki Chicken

Breakfast **30**  
Breakfast Taco  
Yogurt Cup  
Lunch  
Pulled Pork Sandwich

## InSeason! Oranges

The orange is a citrus fruit and is a hybrid of the pomelo and mandarin. There are now over 600 varieties of oranges worldwide.



Ideal conditions for growing oranges are in sub-tropical areas that have good amounts of sunshine yet moderate to warm temperatures (60°F - 84 °F).

## 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](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.**

**This Institution is an Equal Opportunity Provider.**