



IISD Secondary Schools

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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Breakfast 01
Dutch Waffle
Biscuit & Gravy
Lunch
Chicken Alfredo

Breakfast 02
Breakfast Bites
Sausage Biscuit
Lunch
Chili Cheese Hot Dog

Breakfast 03
Scrambled Eggs
French Toast Sticks
Lunch
Frito Pie

Breakfast 04
Sausage Wrap
Breakfast Pizza
Lunch
BBQ Chicken
Macaroni & Cheese

Breakfast 05
Breakfast Sandwich
Yogurt Cup
Lunch
Meatball Sub
Sandwich

08
Student Holiday

Breakfast 09
Pancake & Sausage
Breakfast Sandwich
Lunch
Chicken Fried Steak

Breakfast 10
Chicken Biscuit
Assorted Muffins
Lunch
Chicken Fajita Taco

Breakfast 11
French Toast Sticks
Oatmeal Strawberry Bar
Lunch
Thai Sweet Chili
Chicken

Breakfast 12
Breakfast Taco
Yogurt Cup
Lunch
Street Tacos

Breakfast 15
Dutch Waffle
Biscuit & Gravy
Lunch
Lasagna

Breakfast 16
Breakfast Bites
Sausage Biscuit
Lunch
Chicken Fried
Chicken

Breakfast 17
Scrambled Eggs
French Toast Sticks
Lunch
Nachos Grande

Breakfast 18
Sausage Wrap
Breakfast Pizza
Lunch
Popcorn Chicken
Bowl

Breakfast 19
Breakfast Sandwich
Yogurt Cup
Lunch
Flatbread Sandwich
Broccoli Cheese Soup

Breakfast 22
Assorted Muffins
Breakfast Pizza
Lunch
Cheeseburger Mac

Breakfast 23
Pancake & Sausage
Breakfast Sandwich
Lunch
Chicken Parmesan

Breakfast 24
Chicken Biscuit
Assorted Muffins
Lunch
Crispy Beef Tacos

Breakfast 25
French Toast Sticks
Oatmeal Strawberry Bar
Lunch
Teriyaki Chicken

Breakfast 26
Breakfast Taco
Yogurt Cup
Lunch
Pulled Pork Sandwich

Breakfast 29
Dutch Waffle
Biscuit & Gravy
Lunch
Chicken Alfredo

Breakfast 30
Breakfast Bites
Sausage Biscuit
Lunch
Chili Cheese Hot Dog

Breakfast 31
Scrambled Eggs
French Toast Sticks
Lunch
Frito Pie

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.