



# 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

**Monday**

Breakfast **1**  
Pancakes & Sausage  
Lunch  
Chicken Fried Steak

Breakfast **2**  
Chicken Biscuit  
Lunch  
Chicken Fajita Taco

Breakfast **3**  
French Toast Sticks  
Lunch  
Thai Sweet Chili Chicken

**4**  
Student Holiday

Breakfast **7**  
Dutch Waffles  
Lunch  
Lasagna

Breakfast **8**  
Breakfast Bites  
Lunch  
Popcorn Chicken Bowl

Breakfast **9**  
Scrambled Eggs  
Lunch  
Nachos Grande

Breakfast **10**  
Sausage Wrap  
Lunch  
Teriyaki Chicken

Breakfast **11**  
Breakfast Sandwich  
Lunch  
Ham & Cheese Flatbread  
Broccoli Cheese Soup

Breakfast **14**  
Blueberry Muffin  
Lunch  
Baked Rotini

Breakfast **15**  
Pancakes & Sausage  
Lunch  
Chicken Fried Chicken

Breakfast **16**  
Chicken Biscuit  
Lunch  
Crispy Beef Tacos

Breakfast **17**  
French Toast Sticks  
Lunch  
Japanese Cherry Blossom Chicken

Breakfast **18**  
Breakfast Tacos  
Lunch  
Chili Cheese Hot Dogs

Breakfast **21**  
Dutch Waffles  
Lunch  
Chicken Alfredo

Breakfast **22**  
Breakfast Bites  
Lunch  
Pulled Pork Sandwich

Breakfast **23**  
Scrambled Eggs  
Lunch  
Frito Pie

Breakfast **24**  
Sausage Wrap  
Lunch  
Fish Sticks

Breakfast **25**  
Breakfast Sandwich  
Lunch  
Chicken Parmesan

Breakfast **28**  
Blueberry Muffin  
Lunch  
Spaghetti & Meat Sauce

Breakfast **29**  
Pancakes & Sausage  
Lunch  
Chicken Fried Steak

Breakfast **30**  
Chicken Biscuit  
Lunch  
Chicken Fajita Taco

Breakfast **31**  
French Toast Sticks  
Lunch  
Thai Sweet Chili Chicken

## 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.**