



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

Breakfast **3**
Pancakes & Sausage
Lunch
Chicken Fried Steak

Breakfast **4**
Chicken Biscuit
Lunch
Chicken Fajita Taco

Breakfast **5**
French Toast Sticks
Lunch
Thai Sweet Chili Chicken

Breakfast **6**
Breakfast Tacos
Lunch
Meatball Sub Sandwich

Breakfast **9**
Dutch Waffles
Lunch
Lasagna

Breakfast **10**
Breakfast Bites
Lunch
Popcorn Chicken Bowl

Breakfast **11**
Scrambled Eggs
Lunch
Nachos Grande

Breakfast **12**
Sausage Wrap
Lunch
Teriyaki Chicken

Breakfast **13**
Breakfast Sandwich
Lunch
Ham & Cheese Flatbread Broccoli Cheese Soup

Breakfast **16**
Blueberry Muffin
Lunch
Baked Rotini

Breakfast **17**
Pancakes & Sausage
Lunch
Chicken Fried Chicken

Breakfast **18**
Chicken Biscuit
Lunch
Crispy Beef Tacos

Breakfast **19**
French Toast Sticks
Lunch
Japanese Cherry Blossom Chicken

Breakfast **20**
Breakfast Tacos
Lunch
Chili Cheese Hot Dogs

Breakfast **23**
Dutch Waffles
Lunch
Chicken Alfredo

Breakfast **24**
Breakfast Bites
Lunch
Pulled Pork Sandwich

Breakfast **25**
Scrambled Eggs
Lunch
Frito Pie

Breakfast **26**
Sausage Wrap
Lunch
Fish Sticks

Breakfast **27**
Breakfast Sandwich
Lunch
Chicken Parmesan

Breakfast **30**
Blueberry Muffin
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 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.