

This Institution is an Equal Opportunity Provider

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For more information, Visit:

<http://www.irvingisd.net/foodservices/>

| MONDAY                                                                                            | TUESDAY                                                                                                               | WEDNESDAY                                                                                                           | THURSDAY                                                                                   | FRIDAY                                                                                               |
|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <b>3</b><br><br><u>BREAKFAST</u><br>Max Pancake,<br>Orange Medley Juice,<br>Milk                  | <b>4</b><br><br><u>BREAKFAST</u><br>Yogurt & Graham Cracker,<br>Applesauce Cup, Milk                                  | <b>5</b><br><br><u>BREAKFAST</u><br>Chicken Biscuit Sandwich,<br>Sunbutter & Jelly Sandwich,<br>Orange Smiles, Milk | <b>6</b><br><br><u>BREAKFAST</u><br>Breakfast Burrito, Banana Bread,<br>Apple Slices, Milk | <b>7</b><br><br><u>BREAKFAST</u><br>Waffles, Fruit Cup,<br>Milk                                      |
| <b>10</b><br><br><u>BREAKFAST</u><br>Pancake Bites, Apple Slices,<br>Milk                         | <b>11</b><br><br><u>BREAKFAST</u><br>Maple Waffle Sausage & Cheese<br>Sandwich, Banana Bread,<br>Applesauce Cup, Milk | <b>12</b><br><br><u>BREAKFAST</u><br>French Toast Sticks,<br>Orange Medley Juice, Milk                              | <b>13</b><br><br><u>BREAKFAST</u><br>Yogurt & Graham Cracker,<br>Fruit Cup, Milk           | <b>14</b><br><br><u>BREAKFAST</u><br>Confetti Pancakes,<br>Apple Slices, Milk                        |
| <b>17</b><br><br><u>BREAKFAST</u><br>Breakfast Pizza Bagel,<br>Max Pancake, Apple Slices,<br>Milk | <b>18</b><br><br><u>BREAKFAST</u><br>Sunbutter & Jelly Sandwich,<br>Orange Medley Juice, Milk                         | <b>19</b><br><br><u>BREAKFAST</u><br>Yogurt & Graham Crackers<br>Orange Smiles, Milk                                | <b>20</b><br><br><u>BREAKFAST</u><br>Breakfast Burrito, Muffin Top,<br>Fruit Cup, Milk     | <b>21</b><br><br><u>BREAKFAST</u><br>Chicken Biscuit Sandwich, Banana<br>Bread, Applesauce Cup, Milk |

Early Childhood Schools  
Breakfast & Lunch is Free Every day  
to all I.I.S.D. Students  
Food containing pork/pork  
derivatives: Pepperoni/Breakfast  
Pizza \* Fruited Gelatin \* Blushing/  
Confetti Applesauce

STUDENTS WHO PARTICIPATE  
IN SCHOOL BREAKFAST:

- Are more ready to focus & learn
- Do better in Math
- Are ultimately, more likely to Graduate from High School

ESTUDIANTES QUE  
PARTICIPAN EN DESAYUNO  
ESCOLARES:

- Están listos para enfocarse
- Son mejores matemáticas
- Tienen más probabilidad de graduar de secundaria

**Make the  
Grade**  
with SCHOOL BREAKFAST



**No School: November 24<sup>th</sup> – 28<sup>th</sup>, 2005**

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| MONDAY                                                                                                      | TUESDAY                                                                                                               | WEDNESDAY                                                                                                                                                                                                                                              | THURSDAY                                                                                                                             | FRIDAY                                                                                                                                                                                                             |
|-------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br><br><u>LUNCH</u><br><br>Chicken Nuggets, Grilled Cheese Sandwich, Carrot Coins, Fruit Cup, Milk | <b>4</b><br><br><u>LUNCH</u><br><br>Cheeseburger, Pizzaboli Bites, Emoji Fries, Orange Wedges, Milk                   | <b>5</b><br><br><u>LUNCH</u><br><br>Chicken Crisp Up & Cheese Cubes, Wild Mike's Cheese Bites, Steamed Broccoli, Whole Frozen Fruit Cup, Milk                                                                                                          | <b>6</b><br><br><u>LUNCH</u><br><br>Popcorn Chicken, Sunbutter & Jelly Sandwich, Corn Cobette, Blushing Applesauce, Milk             | <b>7</b> <u>HARVEST OF THE MONTH</u><br><u>LUNCH</u> <br><br>Cheese/Pepperoni Pizza, Cucumber Chips w/Ranch, Apple Slices, Milk |
| <b>10</b><br><br><u>LUNCH</u><br><br>Mac & Cheese, Broccoli Normandy Blend, Applesauce Cup, Milk            | <b>11</b><br><br><u>LUNCH</u><br><br>Chicken Tenders, Wild Mike's Cheese Bites, Mashed Potatoes, Orange Wedges, Milk  | <b>12</b><br><br><u>LUNCH</u><br><br>Cheese Nachos, Mixed Vegetables, Chilled Fruit, Milk                                                                                                                                                              | <b>13</b><br><br><u>LUNCH</u><br><br>Breaded Chicken Sandwich, Sunbutter & Jelly Sandwich, Sweet Potato Fries, Fruited Gelatin, Milk | <b>14</b><br><br><u>LUNCH</u><br><br>Grilled Cheese Sandwich, Seasoned Green Beans, Mango Peach Slush, Milk                                                                                                        |
| <b>17</b><br><br><u>LUNCH</u><br><br>Wild Mike's Cheese Bites, Golden Corn, Fruit Cup, Milk                 | <b>18</b><br><br><u>LUNCH</u><br><br>Chicken Nuggets, Pizzaboli Bites, Steamed Broccoli, Whole Fruit Frozen Cup, Milk | <b>19</b> <u>THANKSGIVING LUNCH</u> <br><u>LUNCH</u><br><br>Roasted Turkey w/Gravy, Pizza Max Sticks, Carrot Coins, Fruit Cup, Wheat Roll, Cornbread Stuffing, Milk | <b>20</b><br><br><u>LUNCH</u><br><br>Steak Fingers, Sunbutter & Jelly Sandwich, Mashed Potatoes, Chilled Fruit, Milk                 | <b>21</b><br><br><u>LUNCH</u><br><br>Small Ravioli, Peas & Carrots, Orange Wedges, Milk                                                                                                                            |

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Did you know?  
School lunches are  
vital for the health of  
students, academic  
performance, and  
food security,  
ensuring that children  
receive the nutrition  
they need to thrive.

¿Sabías qué?  
Los almuerzos  
escolares son vitales  
para la salud de los  
estudiantes, el  
rendimiento  
académico y la  
seguridad alimentaria,  
asegurando que los  
niños reciban la  
nutrición que  
necesitan para  
prosperar



**No School: November 24<sup>th</sup> – 28<sup>th</sup> , 2025**



# CARROTS

HARVEST OF THE MONTH  
NOVEMBER

## Fun Facts

- Carrots can be planted in early March through late July.
- A carrot is a root vegetable, meaning it grows underground. Above the ground they grow green leaves, called carrot tops.
- The record for the world's longest carrot measured 20 feet 5.9 inches long! Now that's a colossal carrot!

## Joke of the Month

Q: What is a vegetable's favorite martial art?

A: Carrot-kick!



Food and Nutrition Division  
Farm Fresh Initiative

TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

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Updated 1/13/2022  
www.SquareMeek.org



# ZANAHORIAS

LA COSECHA DEL MES  
NOVIEMBRE

## Hechos Graciosos

- Las zanahorias se pueden plantar desde principios de marzo hasta finales de julio.
- Una zanahoria es una verdura de raíz, lo que significa que crece bajo tierra. Sobre el suelo crecen hojas verdes, llamadas puntas de zanahoria.
- ¡El récord de la zanahoria más larga del mundo mide 20 pies y 5.9 pulgadas de largo! Ahora que es una zanahoria colosal!

## Chiste del Mes

P: ¿Cuál es el arte marcial favorito de un vegetal?

A: ¡Carrot-kick!



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Actualizado 1/13/2022  
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