

This Institution is an Equal Opportunity Provider

**Menus are subject to change*

For more information, Visit:

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>BREAKFAST</u> Benefit Bar, Croissant Egg & Fiesta Cheese Sandwich, Apple Slices, Fruit Juice, Milk	4 <u>BREAKFAST</u> Green Chili Breakfast Burrito, Muffin Top, Fruit Cup, Fruit Juice, Milk	5 <u>BREAKFAST</u> Donut Holes, Cooper Street Bars, Applesauce Cup, Fruit Juice, Milk	6 <u>BREAKFAST</u> Benefit Bar, Yogurt w/Cooper Street Bar, Fresh Fruit, Fruit Juice, Milk	7 <u>BREAKFAST</u> Pumpkin Bread, Waffles, Applesauce Cup, Fruit Juice, Milk
10 <u>BREAKFAST</u> Confetti Waffle, Poffitz, Apple Slices, Fruit Juice, Milk	11 <u>BREAKFAST</u> Maple Waffle Sausage Sandwich, Sunbutter & Jelly Sandwich, Applesauce Cup, Fruit Juice, Milk	12 <u>BREAKFAST</u> Breakfast Burrito, Cinnatwin, Fruit Cup, Fruit Juice, Milk	13 <u>BREAKFAST</u> Cereal Pouch w/Cheese Stick, Cooper Street Bars, Fresh Fruit, Fruit Juice, Milk	14 <u>BREAKFAST</u> French Toast Sticks, Yogurt w/Cooper Street Bar, Applesauce Cup, Fruit Juice, Milk
17 <u>BREAKFAST</u> Confetti Pancakes, Cinnamon Toast Crunch Cereal Bar, Apple Slices, Fruit Juice, Milk	18 <u>BREAKFAST</u> Chicken Biscuit, Banana Bread, Applesauce Cup, Fruit Juice, Milk	19 <u>BREAKFAST</u> Donut Holes Cup, Benefit Bar, Fresh Fruit, Fruit Juice, Milk	20 <u>BREAKFAST</u> Breakfast Pizza, Muffin Top, Fruit Cup, Fruit Juice, Milk	21 <u>BREAKFAST</u> Stuffed Waffle w/Chicken Sausage, Cooper Street Bars, Fresh Fruit, Fruit Juice, Milk

Elementary School K-5
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 24th – 28th, 2005

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>LUNCH</u> Chicken & Waffles w/Syrup, Cheesy Pasta, Yogurt Parfait, Honey Glazed Carrots, Garden Salad, Fresh Fruit, Milk	4 <u>LUNCH</u> Chicken Cheese Nachos, Pepperjack Cheese Enchiladas, Crispy Chicken Salad w/Churro Crackers, Corn, Refried Beans, Whole Fruit Frozen Cup, Milk	5 <u>LUNCH</u> Chicken Nugget w/Roll, Breakfast Home Run Plate, Fruit & Yogurt Smart Box w/Cooper Street Bar, Hashbrown Patti, Orange Medley Juice, Blushing Applesauce, Milk	6 <u>LUNCH</u> Wild Mike's Cheese Bites, Hamburger/Cheeseburger, Turkey Sandwich Smart Box, Emoji Fries, Burger Salad, Chilled Fruit, Milk	7 <u>HARVEST OF THE MONTH LUNCH</u>  Cheese/Pepperoni Pizza, Mozzarella Sticks, Chef Salad w/Turkey & Turkey Ham w/Cheese-It's Buffalo, Veggie Dipper, Steamed Broccoli, Fresh Fruit, Milk
10 <u>LUNCH</u> Breaded Chicken Drumstick w/Roll, Chicken Tikka Masala w/Naan, Sunbutter Smart Box, Carrot Coins, Golden Corn, Fruit Cup, Milk	11 <u>LUNCH</u> Crispy Taco w/Shredded Cheese, Taco Quesadilla, Yogurt Parfait, Lettuce & Tomatoes, Charro Beans, Chilled Fruit, Milk	12 <u>LUNCH</u> Monster Bowl w/Roll, Cheeseburger Calzone, Hummus Smart Box, Mixed Vegetables, Spinach Salad, Applesauce Cup, Milk	13 <u>LUNCH</u> Grilled Cheese Sandwich, Orange Chicken w/Rice, Turkey Ham Sandwich Smart Box, Cucumber w/Tajin, Peas & Carrots, Orange Wedges, Milk	14 <u>LUNCH</u> Pepperoni/Cheese Pizza Bagels, Veg. Cobb Salad w/Savory Crackers, Chicken Crispito, Broccoli Normandy Blend, Veggie Dipper w/Ranch, Chilled Fruit, Milk
17 <u>LUNCH</u> Chicken Soft Taco, Pizza Max Sticks, ½ Sunbutter & Jelly Sandwich w/Yogurt Cup, Steamed Broccoli w/Cheese, Cucumber Slices, Spanish Rice, Peachy Pear Salad, Milk	18 <u>LUNCH</u> Chicken & Waffles w/Syrup, Macaroni & Cheese, Turkey Ham Sandwich, Broccoli Normandy Blend, Glazed Sweet Potatoes, Whole Fruit Frozen Cup, Milk	19 <u>THANKSGIVING LUNCH</u>  <u>LUNCH</u> Roasted Turkey w/Gravy, Pepperjack Enchiladas, Green Beans Casserole, Creamy Mashed Potatoes, Fruit Cup, Honey Wheat Roll, Cornbread Stuffing, Pumpkin Custard, Cranberry Sauce, Milk	20 <u>LUNCH</u> Steak Fingers w/Roll, Bean & Cheese Pupusa w/Curtido Salad, Chicken Caesar Salad w/Garlic Knot Roll, Ranch Salad Shaker, Mashed Potatoes, Blushing Applesauce, Milk	21 <u>LUNCH</u> Cheese/Pepperoni Pizza, Fruit & Yogurt Smart Box w/Cooper Street Bar, Baked Beans, Fresh Vegetable Medley, Chilled Fruit, 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 24th – 28th, 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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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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