

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 Menu
PRE-K**
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



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 <u>LUNCH</u> Chicken Tenders, Cheesy Pasta, Honey Glazed Carrots, Orange Wedges, Milk	4 <u>LUNCH</u> Cheese Nachos Golden Corn, Whole Fruit Frozen Cup, Milk	5 <u>LUNCH</u> Chicken Nuggets, Fruit & Yogurt Power Box, Orange Medley Juice, Blushing Applesauce, Milk	6 <u>LUNCH</u> Hamburger, Wild Mike's Cheese Bites, Emoji Fries, Chilled Fruit, Milk	7 <u>HARVEST OF THE MONTH</u> <u>LUNCH</u>  Cheese/Pepperoni Pizza, Steamed Broccoli, Fruit Cup, Milk
10 <u>LUNCH</u> ½ Turkey Sandwich w/Yogurt Cup, ½ Sunbutter & Jelly Sandwich w/Yogurt Cup, Carrot Coins, Fruit Cup, Milk	11 <u>LUNCH</u> Taco Quesadilla, Yogurt Parfait, Drained Charro Beans, Chilled Fruit, Milk	12 <u>LUNCH</u> Cheeseburger Calzone, Wild Mike's Cheese Bites, Mixed Vegetables, Applesauce Cup, Milk	13 <u>LUNCH</u> Popcorn Chicken, Grilled Cheese Sandwich, Cucumber Chips w/Ranch, Orange Wedges, Milk	14 <u>LUNCH</u> Pepperoni/Cheese Pizza Bagel, Broccoli Normandy, Chilled Fruit, Milk
17 <u>LUNCH</u> Chicken Soft Taco, ½ Sunbutter & Jelly Sandwich w/Yogurt Cup, Broccoli w/Cheese, Peachy Pear Salad, Milk	18 <u>LUNCH</u> Mac & Cheese, Broccoli Normandy, Whole Fruit Frozen Cup, Milk	19 <u>THANKSGIVING LUNCH</u>  <u>LUNCH</u> Roasted Turkey w/Gravy, Pizza Max Sticks, Creamy Mashed Potatoes, Fruit Cup, Honey Wheat Roll, Cornbread Stuffing, Pumpkin Custard, Cranberry Sauce, Milk	20 <u>LUNCH</u> Steak Fingers, Bean & Cheese Pupusa, Mashed Potatoes, Blushing Applesauce, Milk	21 <u>LUNCH</u> Pepperoni/Cheese Pizza, Baked Beans, 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



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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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Esta institución proporciona igualdad de oportunidades.

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