

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> Assorted Cereal, Benefit Bars, Country Breakfast Plate w/Texas Toast & Bacon, French Toast w/Bacon, Applesauce Cup, Fruit Juice, Milk	4 <u>BREAKFAST</u> Assorted Cereal, Cooper Street Bars, Donut Holes Cup, Breakfast Parfait, Sunmaid Raisins, Fruit Juice, Milk	5 <u>BREAKFAST</u> Assorted Cereal, Benefit Bars, Homemade Chicken Biscuit, Homemade Smoothie w/Cooper Street Bar, Cracker, Fresh Fruit, Fruit Juice, Milk	6 <u>BREAKFAST</u> Assorted Cereal, Cooper Street Bars, Egg Bites w/Turkey Bacon, Breakfast Parfait, Fruit Cup, Fruit Juice, Milk	7 <u>BREAKFAST</u> Assorted Cereal, Benefit Bars, Sausage/Sausage Cheese/Egg Cheese Biscuits, Green Chili Breakfast Burrito, Apple Slices, Fruit Juice, Milk
10 <u>BREAKFAST</u> Assorted Cereal, Benefit Bars, Early Riser Stuffed Hashbrown w/Sausage Link, Hot Turkey Ham & Cheese Croissant, Apple Slices, Fruit Juice, Milk	11 <u>BREAKFAST</u> Assorted Cereal, Cooper Street Bars, Chorizo Breakfast Taco, Honey Bun, Fresh Fruit, Fruit Juice, Milk	12 <u>BREAKFAST</u> Assorted Cereal, Benefit Bars, Turkey Cheese/Egg Cheese Croissant, Homemade Smoothie w/Honey Graham Cracker, Four Fruit Mixed Cup, Fruit Juice, Milk	13 <u>BREAKFAST</u> Assorted Cereal, Cooper Street Bars, Waffle w/Chicken Sausage, Breakfast Parfait, Fresh Fruit, Fruit Juice, Milk	14 <u>BREAKFAST</u> Assorted Cereal, Benefit Bars, French Toast Bites w/Bacon, Cinnamon Roll, Apple Slices, Fruit Juice, Milk
17 <u>BREAKFAST</u> Assorted Cereal, Benefit Bars, Country Breakfast Plate w/Texas Toast & Bacon, Breakfast Burrito, Apple Slices, Fruit Juice, Milk	18 <u>BREAKFAST</u> Assorted Cereal, Cooper Street Bars, Chorizo Breakfast Bowl, Breakfast Parfait, Applesauce Cup, Fruit Juice, Milk	19 <u>BREAKFAST</u> Assorted Cereal, Benefit Bars, Breakfast Pizza, Homemade Smoothie w/Cooper Street Bar, Fresh Fruit, Fruit Juice, Milk	20 <u>BREAKFAST</u> Assorted Cereal, Cooper Street Bars, French Toast Bites w/Bacon, Breakfast Parfait, Fruit Cup, Fruit Juice, Milk	21 <u>BREAKFAST</u> Assorted Cereal, Benefit Bars, Egg Bites w/Turkey Bacon, Breakfast Burrito, Apple Slices, Fruit Juice, Milk

High Schools & Cardwell
*Breakfast & Lunch is Free Every day to all I.I.S.D. Students FYI: Only the following items contain pork/pork derivatives: Wedge/ Tuscan/ Meat Lovers/ Breakfast Pizza * Breakfast Pizza Bagel * Cubano/ Pulled Pork Sandwich/ Street Tacos/ Baked Potato * Charro Beans * Fruited Gelatin * Lucky Charms Bowl/Bar * Blushing/Confetti * Breakfast Kolache * Cheese & Bacon Egg Bites*

**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> Reg/Spicy Chicken Tenders & Waffles w/Syrup, Buffalo Pizza, Cheesy Pasta, Turkey Bacon Club Smart Box, Ranch Shaker Salad, Honey Glazed Carrot Coins, Chilled Fruit, Fresh Fruit, Milk	4 <u>LUNCH</u> Taco Salad, Spicy Black Bean Burger, Chicken Crispito, Mandarin Orange Chicken Salad w/Savory Crackers, Charro Beans, Street Corn, Spanish Rice, Caliente Fruit Cup, Fresh Fruit, Milk	5 <u>LUNCH</u> Bone-In Wings w/Roll, Pulled Pork Sandwich, Chili Cheese Dog, Fruit & Yogurt Parfait, Garden Salad, Steamed Broccoli, Fruited Gelatin w/Whipped Topping, Fresh Fruit, Milk	6 <u>LUNCH</u> Fish Tacos, Buffalo Chicken Sandwich, Dill Nuggets w/Biscuit, Hummus Smart Box, Veggie Dipper w/Ranch, Curly Fries, Whole Fruit Frozen Cup, Fresh Fruit, Milk	7 HARVEST OF THE MONTH  <u>LUNCH</u> Cheeseburger Calzone, Pepperjack Grilled Cheese Sandwich, Thai Chicken & Rice Bowl, Chicken Caesar Salad w/Garlic Knot Roll, Spinach Salad, Seasoned Green Beans, Vanilla Pudding, Fruit Cup, Fresh Fruit, Milk
10 <u>LUNCH</u> Deep Dish Pizza, BBQ Drumsticks w/Roll, Corn Dog, Buffalo Chicken Salad w/Bufalo Cheez-Its, Veggie Dipper, Glazed Sweet Potatoes, Blushing Applesauce, Fresh Fruit, Milk	11 <u>LUNCH</u> Street Tacos, Pepperjack Enchiladas, Reg/Spicy Chicken Sandwich, Turkey Ham Croissant Sandwich Smart Box, Orange Medley Juice, Refried Beans, Spanish Rice, Chilled Fruit, Fresh Fruit, Milk	12 <u>LUNCH</u> Boneless Wings w/Roll, Texas Chili Cheese Pie, Cubano Sandwich, Fruit & Yogurt Parfait, Caesar Shaker Salad, Golden Corn, Fruit Crisp, Fresh Fruit, Milk	13 <u>LUNCH</u> Chicken Fried Steak w/Roll, Cheesy Hot Chicken Chunks w/Biscuit, Mega Meat Pizza, Grab & Go Nacho w/Bean Dip, Steamed Broccoli w/Cheese, Mashed Potatoes, Whole Fruit Frozen Cup, Fresh Fruit, Milk	14 <u>LUNCH</u> Egg Roll w/Veggie Fried Rice, Monster Bowl w/Roll, Pizza Max Sticks w/Marinara, Chicken Caesar Salad w/Garlic Knot Roll, Mixed Vegetables, Garden Salad, Sugar Cookie, Fruit Cup, Fresh Fruit, Milk
17 <u>LUNCH</u> Mac & Cheese, Hamburger/Cheeseburger, Chef Salad w/Turkey & Buffalo Cheez-Its, Hummus Smart Box, Burger Salad, Crinkle Cut Fries, Chilled Fruit, Fresh Fruit, Milk	18 <u>LUNCH</u> Pupusa w/Curtido Cabbage Salad, Chicken Crisp Up's, Crispy Turkey Tacos, Crispy Chicken Salad w/Churro Crackers, Refried Beans, Lettuce & Tomatoes, Spanish Rice, Caliente Fruit Cup, Fresh Fruit, Milk	19 THANKSGIVING LUNCH  <u>LUNCH</u> Roasted Turkey w/Gravy, Buffalo Wings w/Roll, Zesty Nachos, Turkey Bacon Club Smart Box, Green Bean Casserole, Creamy Mashed Potatoes, Fruit Cup, Wheat Roll, Cornbread Stuffing, Pumpkin Custard, Cranberry Sauce, Milk	20 <u>LUNCH</u> Tuscan Pizza, BBQ Drumstick w/Biscuit, Orange Chicken w/Rice, Fruit & Yogurt Parfait, Steamed Broccoli, Veggie Dipper w/Ranch, Whole Fruit Frozen Cup, Fresh Fruit, Milk	21 <u>LUNCH</u> Fish Basket w/Hush Puppies, Chicken Tikka w/Naan, Zesty Nachos, Croissant Turkey Sandwich Box, Mixed Vegetables, Garden Salad, Chocolate Pudding, Fruit Cup, Fresh 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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