

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, Donut Holes, Fruit Cup, Fruit Juice, Milk	4 <u>BREAKFAST</u> Assorted Cereal, Cooper Street Bars, Chorizo Breakfast Bowl, Breakfast Parfait, Applesauce Cup, Fruit Juice, Milk	5 <u>BREAKFAST</u> Assorted Cereal, Benefit Bars, Homemade Chicken Biscuit, Homemade Smoothie w/Cooper Street Bar, 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, Confetti Waffle, Hot Turkey Ham & Cheese Croissant, Applesauce Cup, 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, Early Riser Stuffed Hashbrown w/Sausage Link, Fruit Cup, Fruit Juice, Milk	13 <u>BREAKFAST</u> Assorted Cereal, Cooper Street Bars, Waffles w/Chicken Sausage Link, 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, Breakfast Burrito, Sausage/Sausage Cheese/Egg Cheese Biscuit, Fresh Fruit, Fruit Juice, Milk	18 <u>BREAKFAST</u> Assorted Cereal, Cooper Street Bars, Homemade Chicken Biscuit, 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

MIDDLE SCHOOL

*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 w/Roll, Lasagna Roll Up w/Garlic Breadstick, Chef Salad w/Turkey & Turkey Ham w/Bufalo Cheez-Its, Baked Beans, Mashed Potatoes, Chilled Fruit, Fresh Fruit, Milk		4 <u>LUNCH</u> Chicken Crisp Up, Pizzarino Sandwich, Hummus Smart Box, Ranch Shaker Salad, Street Corn, Peachy Pear Salad, Fresh Fruit, Milk		5 <u>LUNCH</u> Bone-In Wings w/Roll, Egg Roll w/Fried Rice, Yogurt Parfait, Steamed Broccoli, Garden Salad, Blushing Applesauce, Fresh Fruit, Milk		6 <u>LUNCH</u> Hamburger/Cheeseburger, Fruit & Yogurt Smart Box, Fish Tacos, Crinkle Cut Fries, Burger Salad, Fruit Crisp, Fresh Fruit, Milk		7 <u>HARVEST OF THE MONTH LUNCH</u>  Teriyaki Chicken & Rice Bowl, Taco Pizza, Grab & Go Nacho w/Bean Dip, Carrot Coins, Cucumber w/Tajin, Whole Fruit Frozen Cup, Fresh Fruit, Milk	
10 <u>LUNCH</u> Reg/Spicy Chicken & Waffle w/Syrup, Pepperoni/Cheese Deep Dish Pizza, Turkey Bacon Club Smart Box, Honey Glazed Carrots, Ceasar Shaker Salad, Chilled Fruit, Fresh Fruit, Milk		11 <u>LUNCH</u> Crispy Turkey Tacos, Spicy Chorizo Taco Stick w/Green Enchilada Sauce, Sunbutter & Jelly Smart Box, Lettuce & Tomatoes, Charro Beans, Spanish Rice, Very Berry Medley, Fresh Fruit, Milk		12 <u>LUNCH</u> Bone-less Wings w/Roll, Taco Quesadilla, Yogurt Parfait, Steamed Broccoli w/Cheese, Mixed Vegetables, Fruit Crisp, Fresh Fruit, Milk		13 <u>LUNCH</u> Buffalo Chicken Sandwich, Dill Nuggets w/Biscuit, Grab & Go Nacho w/Bean Dip, Waffle Fries, Garden Salad, Fruited Gelatin w/Whip Topping, Fresh Fruit, Milk		14 <u>LUNCH</u> Breakfast Homerun Plate, Cheeseburger Calzone, Veg. Southwest Salad w/Cheez-It, Veggie Dipper, Hashbrown Patties, Caliente Fruit Cup, Fresh Fruit, Milk	
17 <u>LUNCH</u> Bacon Hamburger/Bacon Cheeseburger, Cheesy Hot Chicken Chunks w/Biscuit, Fruit & Yogurt Smart Box, Honey Glazed Carrots, Burger Salad, Chilled Fruit, Fresh Fruit, Milk		18 <u>LUNCH</u> Taco Salad, Cubano Sandwich, Hummus Smart Box, Street Corn, Charro Beans, Whole Fruit Frozen Cup, Fresh Fruit, Milk		19 <u>THANKSGIVING LUNCH</u>  <u>LUNCH</u> Roasted Turkey w/Gravy, Buffalo Wings w/Roll, Pizza Max Sticks, Green Bean Casserole, Creamy Mashed Potatoes, Fruit Cup, Honey Wheat Roll, Cornbread Stuffing, Pumpkin Custard, Cranberry Sauce, Milk		20 <u>LUNCH</u> Fish Basket w/Fries & Hush Puppies, Pepperjack Grilled Cheese, Oven Roasted Turkey Smart Box, Cucumber w/Tajin, Carrot Coins, Fruited Gelatin w/Whip Topping, Fresh Fruit, Milk		21 <u>LUNCH</u> Monster Bowl, Buffalo Pizza, Vegetarian Cobb Salad w/Savory Crackers, Steamed Broccoli, Veggie Dipper, Mango Peach Slush, Fresh Fruit, Milk	
MIDDLE SCHOOL <i>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</i>		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		 HAPPY THANKSGIVING			
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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: Carrotel!



Food and Nutrition Division
Farm Fresh Initiative

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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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: ¡Carrotel!



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