


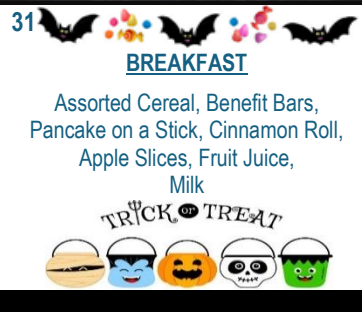


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MIDDLE SCHOOL</b> <i>Breakfast &amp; Lunch is Free Every day to all I.I.S.D. Students FYI: Only the following items contain pork/pork derivatives: Wedge/ Tuscan/ Meat Lovers/ Breakfast Pizza * Breakfast Pizza Bagel * Cubano/ Pulled Pork Sandwich/ Street Tacos/ Baked Potato * Charro Beans * Fruited Gelatin * Lucky Charms Bowl/Bar * Blushing/Confetti * Breakfast Kolache * Cheese &amp; Bacon Egg Bites</i>	<b>STUDENTS WHO PARTICIPATE IN SCHOOL BREAKFAST:</b> <ul style="list-style-type: none"> <li>• Are more ready to focus &amp; learn</li> <li>• Do better in Math</li> <li>• Are ultimately, more likely to Graduate from High School</li> </ul>	<b>ESTUDIANTES QUE PARTICIPAN EN DESAYUNO ESCOLARES:</b> <ul style="list-style-type: none"> <li>• Están listos para enfocarse</li> <li>• Son mejores matemáticas</li> <li>• Tienen más probabilidad de graduar de secundaria</li> </ul>		
<b>1</b> <b>BREAKFAST</b> Assorted Cereal, Benefit Bars, Early Riser Stuffed Hashbrown w/Sausage Link, Homemade Smoothie w/Honey Graham Cracker, Fruit Cup, Fruit Juice, Milk	<b>2</b> <b>BREAKFAST</b> Assorted Cereal, Cooper Street Bars, Turkey Cheese/Egg Cheese Croissant, Breakfast Parfait, Fresh Fruit, Fruit Juice, Milk	<b>3</b> <b>BREAKFAST</b> Assorted Cereal, Benefit Bars, Pancake on a Stick, Cinnamon Roll, Apple Slices, Fruit Juice, Milk		
<b>6</b> <b>BREAKFAST</b> Assorted Cereal, Benefit Bars, Country Breakfast Plate w/Texas Toast & Bacon, Donut Holes, Fruit Cup, Fruit Juice, Milk	<b>7</b> <b>BREAKFAST</b> Assorted Cereal, Cooper Street Bars, Chorizo Breakfast Bowl, Breakfast Parfait, Applesauce Cup, Fruit Juice, Milk	<b>8</b> <b>BREAKFAST</b> Assorted Cereal, Benefit Bars, Homemade Chicken Biscuit, Homemade Smoothie w/Honey Graham Cracker, Fresh Fruit, Fruit Juice, Milk	<b>9</b> <b>BREAKFAST</b> Assorted Cereal, Cooper Street Bars, Egg Bites w/Turkey Bacon, Breakfast Parfait, Fruit Cup, Fruit Juice, Milk	<b>10</b> 
<b>13</b> 	<b>14</b> <b>BREAKFAST</b> Assorted Cereal, Cooper Street Bars, Chorizo Breakfast Taco, Honey Bun, Fresh Fruit, Fruit Juice, Milk	<b>15</b> <b>BREAKFAST</b> Assorted Cereal, Benefit Bars, Turkey Cheese/Egg Cheese Croissant, Early Riser Stuffed Hashbrown w/Sausage Link, Fruit Cup, Fruit Juice, Milk	<b>16</b> <b>BREAKFAST</b> Assorted Cereal, Cooper Street Bars, Waffles w/Chicken Sausage Link, Breakfast Parfait, Fresh Fruit, Fruit Juice, Milk	<b>17</b> <b>BREAKFAST</b> Assorted Cereal, Benefit Bars, French Toast Bites w/Bacon, Cinnamon Roll, Apple Slices, Fruit Juice, Milk
<b>20</b> <b>BREAKFAST</b> Assorted Cereal, Benefit Bars, Breakfast Burrito, Sausage/Sausage Cheese/Egg Cheese Biscuit, Fresh Fruit, Fruit Juice, Milk	<b>21</b> <b>BREAKFAST</b> Assorted Cereal, Cooper Street Bars, Homemade Chicken Biscuit, Breakfast Parfait, Applesauce Cup, Fruit Juice, Milk	<b>22</b> <b>BREAKFAST</b> Assorted Cereal, Benefit Bars, Breakfast Pizza, Homemade Smoothie w/Honey Graham Cracker, Fresh Fruit, Fruit Juice, Milk	<b>23</b> <b>BREAKFAST</b> Assorted Cereal, Cooper Street Bars, French Toast Bites w/Bacon, Breakfast Parfait, Fruit Cup, Fruit Juice, Milk	<b>24</b> 
<b>27</b> <b>BREAKFAST</b> Assorted Cereal, Benefit Bars, Confetti Waffle, Breakfast Taco, Applesauce Cup, Fruit Juice, Milk	<b>28</b> <b>BREAKFAST</b> Assorted Cereal, Cooper Street Bars, Bacon, Egg, Cheese Breakfast Taco, Breakfast Parfait, Fresh Fruit, Fruit Juice, Milk	<b>29</b> <b>BREAKFAST</b> Assorted Cereal, Benefit Bars, Early Riser Stuffed Hashbrown w/Sausage Link, Homemade Smoothie w/Honey Graham Cracker, Fruit Cup, Fruit Juice, Milk	<b>30</b> <b>BREAKFAST</b> Assorted Cereal, Cooper Street Bars, Turkey Cheese/Egg Cheese Croissant, Breakfast Parfait, Fresh Fruit, Fruit Juice, Milk	<b>31</b> 

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<p><b>6</b></p> <p><u>LUNCH</u></p> <p>Reg/Spicy Chicken Tenders w/Roll, Lasagna Roll Up w/Garlic Breadstick, Chef Salad w/Turkey &amp; Turkey Ham w/Bufalo Cheez-Its, Baked Beans, Mashed Potatoes, Chilled Fruit, Fresh Fruit, Milk</p>	<p><b>7</b></p> <p><u>LUNCH</u></p> <p>Chicken Crisp Up, Pizzarino Sandwich w/Texas Toast, Hummus Smart Box, Ranch Shaker Salad, Street Corn, Peachy Pear Salad, Fresh Fruit, Milk</p>	<p><b>8</b></p> <p><u>LUNCH</u></p> <p>Bone-In Wings w/Roll, Egg Roll w/Fried Rice, Yogurt Parfait, Steamed Broccoli, Garden Salad, Blushing Applesauce, Fresh Fruit, Milk</p>	<p><b>9</b></p> <p><u>LUNCH</u></p> <p>Hamburger/Cheeseburger, Fruit &amp; Yogurt Smart Box, Fish Tacos, Crinkle Cut Fries, Burger Salad, Fruit Crisp, Fresh Fruit, Milk</p>	<p><b>10</b></p> <p><b>No School Fall Break</b></p>
<b>National School Lunch Week- October 14 through October 17, 2025</b>				
<p><b>13</b></p> <p><b>No School Fall Break</b></p>	<p><b>14</b></p> <p><u>LUNCH</u></p> <p>Crispy Turkey Tacos, Spicy Chorizo Taco Stick w/Green Enchilada Sauce, Sunbutter &amp; Jelly Smart Box, Lettuce &amp; Tomatoes, Charro Beans, Spanish Rice, Very Berry Medley, Fresh Fruit, Milk</p>	<p><b>15</b></p> <p><u>LUNCH</u></p> <p>Bone-less Wings w/Roll, Taco Quesadilla, Yogurt Parfait, Steamed Broccoli w/Cheese, Mixed Vegetables, Fruit Crisp, Fresh Fruit, Milk</p>	<p><b>16</b></p> <p><u>LUNCH</u></p> <p>Buffalo Chicken Sandwich, Dill Nuggets w/Biscuit, Grab &amp; Go Nacho w/Bean Dip, Waffle Fries, Garden Salad, Fruited Gelatin w/Whip Topping, Fresh Fruit, Milk</p>	<p><b>17</b></p> <p><u>LUNCH</u></p> <p>Breakfast Homerun Plate, Cheeseburger Calzone, Veg. Southwest Salad w/Cheez-It, Veggie Dipper, Hashbrown Patties, Caliente Fruit Cup, Fresh Fruit, Milk</p>
<p><b>20</b></p> <p><u>LUNCH</u></p> <p>Bacon Hamburger/Cheeseburger, Cheesy Hot Chicken Chunk w/Biscuit, Fruit &amp; Yogurt Smart Box, Honey Glazed Carrots, Burger Salad, Chilled Fruit, Fresh Fruit, Milk</p>	<p><b>21</b></p> <p><u>LUNCH</u></p> <p>Taco Salad, Cubano Sandwich, Hummus Smart Box, Street Corn, Charro Beans, Whole Fruit Frozen Cup, Fresh Fruit, Milk</p>	<p><b>22</b></p> <p><u>LUNCH</u></p> <p>Bone-In Wings w/Roll, Bean &amp; Cheese Pupusa w/Curtido Salad, Crispy Chicken Salad w/Churro Crackers, Garden Salad, Curly Fries, Caliente Cup, Fresh Fruit, Milk</p>	<p><b>23</b></p> <p><u>LUNCH</u></p> <p>Fish Basket w/Hush Puppies, Pepperjack Grilled Cheese, Oven Roasted Turkey Smart Box, Cucumber w/Tajin, Carrot Coins, Fruited Gelatin w/Whip Topping, Fresh Fruit, Milk</p>	<p><b>24</b></p> <p><b>No School</b></p>
<p><b>27</b></p> <p><u>LUNCH</u></p> <p>Chicken Tikka w/Naan, Cheesy Pasta, Mandarin Orange Chicken Salad w/Savory Crackers, Steamed Broccoli, Squash Casserole, Fruit Cup, Fresh Fruit, Milk</p>	<p><b>28</b></p> <p><u>LUNCH</u></p> <p>Chicken Soft Tacos, Zesty Nachos, Croissant Turkey Ham Smart Box, Garden Salad, Refried Beans, Spanish Rice, Caliente Fruit Cup, Fresh Fruit, Milk</p>	<p><b>29</b></p> <p><u>LUNCH</u></p> <p>Bone-less Wings w/Roll, Bean &amp; Cheese Burrito, Grab &amp; Go Nacho w/Bean Dip, Potato Wedges, Caesar Salad Shaker, Chilled Fruit, Fresh Fruit, Milk</p>	<p><b>30</b></p> <p><u>LUNCH</u></p> <p>Chicken Dumpling w/Orange Sauce, Mini Corn Dogs, Yogurt Parfait, Mashed Potatoes, Carroteenies, Whole Fruit Frozen Cup, Fresh Fruit, Milk</p>	<p><b>31</b></p> <p><u>LUNCH</u></p> <p>Mega Meat Pizza, Mac &amp; Cheese, Chicken Caesar Salad w/Knot, Orange Medley Juice, Fresh Vegetable Medley, Orange &amp; Cream Frozen Fruit Cup, Fresh Fruit, Milk</p>



# GALA APPLES

**Fun Facts**

- Gala apples grow on trees in several regions of Texas.
- Apples float when dropped into water because they are 25% air.
- Apples are used to make applesauce.

**Joke of the Month**

Q: Why did the apple join the circus?

A: Because it couldn't find any other apples to join.

**I am Mighty Red**

TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

# MAZANAS GALA

**Hechos Graciosos**

- Las manzanas de gala crecen en árboles en varias regiones de Texas.
- Las manzanas flotan cuando se caen al agua porque son un 25% de aire.
- Las manzanas se utilizan para hacer compota de manzana.

**Chiste del Mes**

Q: ¿Por qué se manzaneras unen a los niños al circo?

A: Porque los niños no encuentran otros niños a los que unirse.

**Yo soy Mighty Red**

TEXAS DEPARTMENT OF AGRICULTURE  
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NATIONAL SCHOOL LUNCH WEEK- OCTOBER 14 – OCTOBER 17, 2025

# TEXAS TASTE TOUR

*Your School Lunch Passport*

TEXAS DEPARTMENT OF AGRICULTURE  
COMMISSIONER SID MILLER

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October 31, 2025

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