

Menus for November 2023

SAN ISIDRO ISD

This institution is an equal opportunity provider. Menus are subject to change without notice. This product was developed by USDA.

DON'T FORGET TO SET YOUR CLOCKS BACK 1 HOUR



Sunday, Nov. 5

A Note from the Child Nutrition Director

Junior High & High School Students will have **Daily Entrée Options.**

Menus may vary. If you have any questions, you may contact Mr. Leonel Olivarez @ 956-481-3100.



Wednesday, November 1

Breakfast
Biscuit Sausage
Assorted Fruit & Juice

Lunch
Chicken Parmesan
Texas Toast
Garden Salad
Corn
Ranch Dip Cup
Assorted Fruit

Thursday, November 2

Breakfast
Tamales
Assorted Fruit & Juice

Lunch
Pulled Pork
Street Tacos
Charro Beans
Taco Salad
Rice
Pico De Gallo
Assorted Fruit

Friday, November 3

Breakfast
Breakfast Taco
Assorted Cereal
Assorted Crackers
Assorted Fruit & Juice
Lunch
Pizza
Celery Sticks
Baby Carrots
Ranch Dip Cup
Assorted Fruit

Monday, November 6

Breakfast
French Toast Sticks
w/Syrup
Breakfast Muffin
Assorted Fruit & Juice

Lunch
Chicken Burger
w/cheese
Tater Tots
Burger Salad
Assorted Fruit

Tuesday, November 7

Breakfast
Ham & Cheese
Croissant
Assorted Fruit & Juice

Lunch
Baked Chicken
Carrot Coins
Mashed Potatoes
Dinner Roll
Assorted Fruit

Wednesday, November 8

Breakfast
Waffle Bar
Assorted Fruit & Juice

Lunch
Pepper Jack Steak
Burger
Seasoned Wedges
Broccoli/Cheese
Sauce
Assorted Fruit

Thursday, November 9

Breakfast
Kolache
Assorted Fruit & Juice

Lunch
Pizza
Celery Sticks
Baby Carrots
Ranch Dip Cup
Assorted Fruit

Friday, November 10

Breakfast
Assorted Cereal
Assorted Crackers
Assorted Fruit & Juice
Lunch
Turkey Roast
w/Gravy
Stuffing/Dinner Roll
Mashed Potatoes
Green Beans
Cranberry Sauce
Peach Crisp
Assorted Fruit

BALANCING ACT.

Should kids take a vitamin pill every day? Fussy eaters and kids who don't eat a lot of fruits, veggies, and grains might need a daily vitamin. But kids who eat a reasonably healthy and balanced diet probably don't need one. Ask your doctor.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!



Center of Attention!

Turkey is the star attraction on many Thanksgiving tables -- and this tasty bird is a nutrition star, too! Three ounces of turkey breast (without skin) contains just 88 calories, 1½ grams of fat, almost no saturated fat, and a whopping 14 grams of protein!



It's worth searching for high-quality, nutritious food like turkey. Can you find your way to the smiling turkey at the center of the maze?

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, November 13

Breakfast
Mini Maple Waffles
Assorted Cereal
Assorted Fruit & Juice

Lunch
Chicken Nuggets
Buttered Texas Toast
Broccoli/Cheese Sauce
Assorted Fruit

Tuesday, November 14

Breakfast
Breakfast Combo Bar
Assorted Fruit & Juice

Lunch
Baked Chicken
Homemade Calabaza Beans
Corn Tortillas
Assorted Fruit

Wednesday, November 15

Breakfast
Yogurt & Fruit
Parfait
Assorted Fruit & Juice

Lunch
Hamburger/
Cheeseburger
Tater Tots
Burger Salad
Assorted Fruit

Thursday, November 16

Breakfast
Breakfast Sausage & Cheese Pancake
Assorted Fruit & Juice

Lunch
Cheese Enchiladas
Refried Beans
Spanish Rice
Taco Salad
Assorted Fruit

Friday, November 17

Breakfast
Potato/Egg Taco
Assorted Cereal
Graham Crackers
Assorted Fruit & Juice

Lunch
Pizza
Celery Sticks
Baby Carrots
Ranch Dip Cup
Assorted Fruit

HAPPY THANKSGIVING



SEE YOU ON MONDAY!

Monday, November 27

Breakfast
Emoticon Waffles
Assorted Fruit & Juice

Lunch
Popcorn Chicken
Baby Carrots
Green Beans
Dinner Roll
Ranch Dip Cup
Assorted Fruit

Tuesday, November 28

Breakfast
Unrustable
Assorted Fruit & Juice

Lunch
Hamburger/
Cheeseburger
Tater Tots
Burger Salad
Assorted Fruit

Wednesday, November 29

Breakfast
Biscuit Sausage
Assorted Fruit & Juice

Lunch
Chicken Parmesan
Texas Toast
Garden Salad
Corn
Ranch Dip Cup
Assorted Fruit

Thursday, November 30

Breakfast
Tamales
Assorted Fruit & Juice

Lunch
Pulled Pork
Street Tacos
Charro Beans
Taco Salad
Rice
Pico De Gallo
Assorted Fruit



What's one thing you can always count on finding in the middle of nowhere?

(If you're a pig, you can count on finding a mirror for the answer!)

LPA 10/24/23