

2026 OCTOBER – MENU HIGH SCHOOLS

IRVING INDEPENDENT SCHOOL DISTRICT Food and Nutrition Services

Visit <http://www.irvingisd.net/foodservices/> for more information.
This Institution is an Equal Opportunity Provider
**Menus are subject to change*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
High Schools Menu Food containing pork/pork derivatives: Breakfast Kolache* Breakfast Pizza Bagel * Pepperoni Pizza * Fruited Gelatin * Blushing Applesauce * Pulled Pork *			1 BREAKFAST Assorted Cereal, Benefit Bar, Sausage/Sausage Cheese/Egg Cheese Croissant, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk LUNCH Teriyaki Chicken Rice Bowl, BBQ Jack Sandwich, Country Fried Steak Sandwich, Nacho Smart Box, Steamed Broccoli, Carrot Coins, Peach Fruit Cup, Fresh Fruit, Milk	2 BREAKFAST Assorted Cereal, Benefit Bar, Pancake on a Stick, Cinnamon Roll, Fresh Fruit, Fruit Juice, Milk LUNCH Homerun Breakfast Plate, Bacon Hamburger or Cheeseburger, Pizza Max Sticks, Vegetable Cobb Salad w/Crackers, Hashbrown Patties, Burger Salad, Chocolate Chip Cookie, Very Berry Medley, Fresh Fruit, Milk
5 BREAKFAST Assorted Cereal, Benefit Bar, Jalapeño Cheddar Kolache, French Toast Sticks w/Bacon, Fresh Fruit, Fruit Juice, Milk LUNCH Regular/Spicy Chicken Tenders & Waffles w/Syrup, Cheeseburger Calzone, Cheesy Pasta, Turkey Bacon Club Smart Box, Ranch Salad Shaker, Honey Glazed Carrot Coins, Peach Fruit Cup, Fresh Fruit, Milk	6 BREAKFAST Assorted Cereal, Benefit Bar, Donut Holes, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk LUNCH Taco Salad, Spicy Black Bean Burger, Chicken Crispito, Mandarin Orange Chicken Salad w/Crackers, Charro Beans, Veggie Dipper, Spanish Rice, Caliente Fruit Cup, Fresh Fruit, Milk	7 BREAKFAST Assorted Cereal, Benefit Bar, Chicken Biscuit, Breakfast Smoothie w/Honey Graham Crackers, Fresh Fruit, Fruit Juice, Milk LUNCH Buffalo Bone-In Wings w/Roll, Baked Potato w/Pulled Pork & Cheese, Chili Cheese Dog, Fruit & Yogurt Parfait, Garden Salad, Steamed Broccoli, Fruited Gelatin w/Whip Topping, Fresh Fruit, Milk	8 BREAKFAST Assorted Cereal, Benefit Bar, Egg Bites w/Turkey Bacon, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk LUNCH Thai Chicken Rice Bowl, Buffalo Chicken Sandwich, Dill Nuggets w/Biscuit, Hummus Smart Box, Spinach Salad, Curly Fries, Whole Fruit Frozen Cup, Fresh Fruit, Milk	9  No-School Fall Break
12  No-School Fall Break	13  Teacher Work Day No School for Students	14 BREAKFAST Assorted Cereal, Benefit Bar, Sausage/Sausage Cheese/ Egg Cheese Croissant, Breakfast Smoothie w/Honey Graham Crackers, Fresh Fruit, Fruit Juice, Milk LUNCH BBQ/Buffalo Boneless Wings w/Roll, Texas Chili Cheese Pie, Cubano Sandwich, Fruit & Yogurt Parfait, Caesar Salad Shaker, Golden Corn, Fruit Crisp, Fresh Fruit, Milk	15 BREAKFAST Assorted Cereal, Benefit Bar, Egg Bites w/Turkey Bacon, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk LUNCH Chicken Cajun Pasta & Garlic Knot, Cheesy Hot Chicken Chunks w/Biscuit, Mega Meat Pizza, Nacho Smart Box, Veggie Dipper, Mashed Potatoes, Whole Fruit Frozen Cup, Fresh Fruit, Milk	16 BREAKFAST Assorted Cereal, Benefit Bar, Bacon- Egg- Cheese Breakfast Taco, Cinnamon Roll, Fresh Fruit, Fruit Juice, Milk LUNCH HARVEST OF THE MONTH Egg Roll w/Veggie Fried Rice, Regular/Spicy Monster Bowl w/Goldfish, Jalapeño Cheese Bites, Greek Salad & Savory Crackers, Mixed Vegetables, Garden Salad, Sugar Cookie, Peach Fruit Cup, Fresh Fruit, Milk
19 BREAKFAST Assorted Cereal, Benefit Bar, French Toast Sticks w/Bacon, Breakfast Burrito, Fresh Fruit, Fruit Juice, Milk LUNCH Mac & Cheese, Hamburger/Cheeseburger, Chef Salad w/Cheez-it Crackers, Hummus Smart Box, Burger Salad, Tater Tots, Chilled Fruit, Fresh Fruit, Milk	20 BREAKFAST Assorted Cereal, Benefit Bar, Chorizo Breakfast Bowl, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk LUNCH Baked Potato w/Cheese & Broccoli, Chicken Crisp Up's, Crispy Turkey Taco, Chicken Caesar Salad w/Garlic Knot, Refried Beans, Lettuce & Tomatoes, Spanish Rice, Caliente Fruit Cup, Fresh Fruit, Milk	21 BREAKFAST Assorted Cereal, Benefit Bar, Breakfast Pizza, Breakfast Smoothie w/Honey Graham Crackers, Fresh Fruit, Fruit Juice, Milk LUNCH Thai/Garlic Parm. Bone-In Wings w/Onion Rings, Hot Dog, Bean & Cheese Pupusa w/Curtido Salad, Turkey Bacon Club Smart Box, Carrot Coins, Garden Salad, Fruited Gelatin w/Whip Topping, Fresh Fruit, Milk	22 BREAKFAST Assorted Cereal, Benefit Bar, Bean Tamale, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk LUNCH Tuscan Pizza, BBQ Drumstick w/Biscuit, Orange Chicken w/Rice, Fruit & Yogurt Parfait, Steamed Broccoli, Veggie Dipper, Whole Fruit Frozen Cup, Fresh Fruit, Milk	23 BREAKFAST Assorted Cereal, Benefit Bar, Egg Bites w/Turkey Bacon, Honeybun, Fresh Fruit, Fruit Juice, Milk LUNCH Fish Bites w/Hush Puppies & Fries, Mexitots, Zesty Nachos, Croissant Turkey Ham Smart Box, Mixed Vegetables, Spinach Salad, Chocolate Pudding, Lone Star Luau Slush, Fresh Fruit, Milk
26 BREAKFAST Assorted Cereal, Benefit Bar, Confetti Waffle, Fresh Fruit, Fruit Juice, Milk LUNCH Taco Pizza, Garlic French Bread Pizza, Breaded Drumstick w/Roll, Fruit & Yogurt Parfait, Seasoned Green Beans, Honey Glazed Carrots, Whole Fruit Frozen Cup, Fresh Fruit, Milk	27 BREAKFAST Assorted Cereal, Benefit Bar, French Toast Bites w/Bacon, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk LUNCH Cubano Sandwich, Spicy Chorizo Taco Stick w/White Queso, Street Tacos, Southwest Salad w/Cheez-it Crackers, Refried Beans, Lettuce & Tomatoes, Spanish Rice, Cool Tropics, Fresh Fruit, Milk	28 BREAKFAST Assorted Cereal, Benefit Bar, Egg Bites w/Turkey Bacon, Breakfast Smoothie w/Honey Graham Crackers, Fresh Fruit, Fruit Juice, Milk LUNCH Bone-less Wings w/Fries & Goldfish, Jalapeño Cheese Bites, Chicken Alfredo Pasta, Fruit & Yogurt Parfait, Ranch Shaker Salad, Squash Casserole, Fruit Crisp, Fresh Fruit, Milk	29 BREAKFAST Assorted Cereal, Benefit Bar, Sausage/Sausage Cheese/Egg Cheese Croissant, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk LUNCH Teriyaki Chicken Rice Bowl, BBQ Jack Sandwich, Country Fried Steak Sandwich, Nacho Smart Box, Steamed Broccoli, Carrot Coins, Lone Star Luau Slush, Fresh Fruit, Milk	30 BREAKFAST Assorted Cereal, Benefit Bar, Pancake on a Stick, Cinnamon Roll, Fresh Fruit, Fruit Juice, Milk LUNCH Homerun Breakfast Plate, Bacon Hamburger or Cheeseburger, Pizza Max Sticks, Veg. Cobb Salad w/Crackers, Hashbrown Patties, Burger Salad, Chocolate Chip Cookie, Very Berry Medley, Fresh Fruit, Milk

HARVEST OF THE MONTH

GALA APPLES

OCTOBER

Gala apples have stripes and are orange in color. They are sweet and not too tart, which makes them a popular snack. They rank No. 2 out of the Top 10 apples grown in the United States.

STORAGE

- Apples are best stored at 32 °F with a relative humidity of 90% and some air circulation. Under these conditions, apples are acceptable for up to 3 months. Apples stored at general refrigeration temperatures below 41 °F will have an approximate shelf life of up to 20 days.
- Apples may be held in dry storage for up to 7 days.
- Apples will pick up odors if stored with certain foods that produce them, especially onions and potatoes.
- Apples produce ethylene. Store apples away from ethylene sensitive products such as bananas, broccoli, carrots, cucumbers, leafy greens, lettuce and sweet potatoes.
- A perforated plastic bag works best, as it allows some of the moisture to escape while keeping the apples crisp.



+ BENEFITS

Gala apples are a significant source of antioxidants, which may help lower the risk of heart disease, diabetes and cancer. They are a good source of vitamin C and dietary fiber. Gala apples possess pectin — a natural fiber — which has been shown to reduce cholesterol and help prevent heart disease.

Talking to Students about Fiber

Fiber is a carbohydrate that promotes digestive health.

✓ SELECTION

- Select Gala apples that are smooth-skinned, deeply colored and glossy.
- When ripe, Galas will be golden yellow with slightly pinkish orange stripes.
- Waxing is a normal part of apple processing and is not a food safety concern.

PREPARATION

- Wash apples under cold, running water prior to serving.
- Rinse and dry Gala apples before eating or using them as a cooking ingredient.
- Like other apples, Gala apples can be eaten plain, made into sauce or jelly, or they can be included in salads, meat dishes, pies and desserts.
- Dip or coat sliced apples with an acidic solution of 1 part lemon juice to 3 parts water or use an appropriate commercial product according to the manufacturer's instructions to prevent browning in apples cut on-site.

🍴 TASTING TIP

Avoid forcing children to try new foods.



Food and Nutrition Division
Farm Fresh Initiative



TEXAS DEPARTMENT OF AGRICULTURE
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LA COSECHA DEL MES

MANZANAS GALA

OCTUBRE

Las manzanas Gala tienen rayas y son de color naranja. Son dulces y no demasiado ácidas, lo que las convierte en un refrigerio popular. Las manzanas Gala ocupan el segundo puesto entre los diez principales tipos de manzanas que se cultivan en los Estados Unidos.

CONSERVACIÓN

- Las manzanas se conservan mejor a 32 °F con una humedad relativa del 90% y algo de circulación de aire. En estas condiciones, las manzanas se mantienen bien durante un máximo de 3 meses. Las manzanas que se conservan a temperaturas de refrigeración general inferiores a los 41 °F tendrán una duración aproximada de hasta 20 días.
- Las manzanas se pueden conservar en un área de almacenamiento en seco durante un máximo de 7 días.
- Las manzanas absorberán olores si se las guarda con determinados alimentos que tienen olor, en especial las cebollas y las papas.
- Las manzanas producen etileno. Guarde las manzanas lejos de productos sensibles al etileno, como bananas, brócoli, zanahorias, pepinos, verduras de hoja verde, lechuga y camote.
- Una bolsa plástica perforada funciona muy bien, dado que permite que escape parte de la humedad a la vez que las manzanas se mantienen frescas.



+ BENEFICIOS

Las manzanas Gala son una fuente importante de antioxidantes, que pueden ayudar a reducir el riesgo de enfermedades cardíacas y cáncer. Son una buena fuente de vitamina C y fibra alimentaria. Las manzanas Gala contienen pectina, una fibra natural que se ha demostrado que reduce el colesterol y ayuda a evitar las enfermedades cardíacas.

Hablar con los alumnos sobre la fibra

La fibra es un carbohidrato que promueve la salud digestiva.

✓ SELECCIÓN

- Seleccione las manzanas Gala que tengan la piel suave, de color profundo y brillante.
- Cuando maduran, las manzanas Gala tendrán un color amarillo dorado con rayas entre rosadas y anaranjadas.
- El encerado es una parte normal del procesamiento de las manzanas, y no afecta la seguridad alimentaria.

PREPARACIÓN

- Lave las manzanas con agua corriente fría antes de servir.
- Enjuague y seque las manzanas Gala antes de comerlas o utilizarlas como ingrediente para cocinar.
- Al igual que otras manzanas, las manzanas Gala se pueden comer solas, se las puede utilizar para preparar salsas o mermeladas, o bien se las puede incluir en ensaladas, platos con carne, pasteles y postres.
- Sumerja o cubra las manzanas con una solución ácida de 1 parte de jugo de limón y 3 partes de agua, o bien utilice un producto comercial apropiado según las instrucciones del fabricante para evitar que las manzanas se pongan de color café al cortárlas.

🍴 IDEAS DE DEGUSTACIÓN

Evite forzar a los niños a probar comidas nuevas.



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