

2026 OCTOBER – MENU MIDDLE 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
Middle Schools Menu <u>Food containing pork/pork derivatives:</u> 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 BBQ Jack Sandwich, Mini Corn Dogs, Fruit & Yogurt Parfait, Mashed Potatoes, Baby Carrots w/Ranch, Whole Fruit Frozen Cup, Fresh Fruit, Milk	2 BREAKFAST Assorted Cereal, Benefit Bar, Egg Bites w/Turkey Bacon, Cinnamon Roll, Fresh Fruit, Fruit Juice, Milk LUNCH Meat Lovers Pizza, Mac & Cheese, Chicken Caesar Salad w/Garlic Knot, Orange Medley Juice, Fresh Vegetable Medley, Grapefruit w/Tajin, Fresh Fruit, Milk
5 BREAKFAST Assorted Cereal, Benefit Bar, Assorted Donut Holes, Jalapeño Cheddar Kolache, Fresh Fruit, Fruit Juice, Milk LUNCH Regular/Spicy Chicken Tenders w/Roll, Pizzarino Sandwich w/TX Toast, SW Salad w/Cheeze-It Crackers, Baked Beans, Mashed Potatoes, Chilled Fruit, Fresh Fruit, Milk	6 BREAKFAST Assorted Cereal, Benefit Bar, Assorted Donut Holes, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk LUNCH Chicken Crisp Up's, Taco Pizza, Hummus Smart Box, Ranch Salad Shaker, Mexican Street Corn, Peachy Pear Salad, Fresh Fruit, Milk	7 BREAKFAST Assorted Cereal, Benefit Bar, Chicken Biscuit, Breakfast Smoothie w/Honey Graham Crackers, Fresh Fruit, Fruit Juice, Milk LUNCH Bone-In Wings w/Roll, Egg Roll w/Fried Rice, Fruit & Yogurt Parfait, Steamed Broccoli, Garden Salad, Blushing Applesauce, Fresh Fruit, Milk	8 BREAKFAST Assorted Cereal, Benefit Bar, Egg Bites w/Turkey Bacon, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk LUNCH Hamburger/Cheeseburger, Chicken Cajun Pasta & Garlic Knot, Fruit & Yogurt Smart Box, Crinkle Cut Fries, Burger Salad, Peach Fruit Cup, Fresh Fruit, Milk	 No-School Fall Break
 No-School Fall Break	 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 Buffalo/BBQ Bone-Less Wings w/Roll, Cubano Sandwich, Fruit & Yogurt Parfait, Steamed Broccoli, Mixed Vegetables, 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 Buffalo Chicken Sandwich, Dill Nuggets w/Biscuit, Nacho Smart Box, Sweet Potato Waffle Fries, Garden Salad, Fruited Gelatin, Fresh Fruit, Milk	16 BREAKFAST Assorted Cereal, Benefit Bar, French Toast Bites w/Bacon, Cinnamon Roll, Fresh Fruit, Fruit Juice, Milk LUNCH HARVEST OF THE MONTH Breakfast Homerun Plate, Thai Chicken Rice Bowl, Chef Salad w/Bufalo Cheeze-it, Veggie Dipper, Hashbrown Patties, Caliente Fruit Cup, Fresh Fruit, Milk
19 BREAKFAST Assorted Cereal, Benefit Bar, Breakfast Taco, Sausage/Sausage Cheese/Egg Cheese Biscuit, Fresh Fruit, Fruit Juice, Milk LUNCH Bacon Hamburger/Cheeseburger, Mexi Tots, Fruit & Yogurt Smart Box, Steamed Broccoli w/Cheese, Burger Salad, Chilled Fruit, Fresh Fruit, Milk	20 BREAKFAST Assorted Cereal, Benefit Bar, Chicken Biscuit, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk LUNCH Taco Salad, Cheesy Hot Chicken Chunks w/Biscuit, Hummus Smart Box, Veggie Dipper, Charro Beans, Whole Fruit Frozen Cup, Fresh Fruit, Milk	21 BREAKFAST Assorted Cereal, Benefit Bar, Chorizo Breakfast Bowl, Breakfast Smoothie w/Honey Graham Crackers, Fresh Fruit, Fruit Juice, Milk LUNCH Thai & Garlic Parm. Bone-In Wings w/Onion Rings, Bean & Cheese Pupusa w/Curtido Salad, Crispy Chicken Salad w/Churro Crackers, Garden Salad, Curly Fries, Caliente Cup, Fresh Fruit, Milk	22 BREAKFAST Assorted Cereal, Benefit Bar, Breakfast Pizza w/Gravy, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk LUNCH Monster Bowl, Mini Mozzarella Bites, Oven Roasted Turkey Smart Box, Cucumbers w/Tajin, Orange Medley Juice, Fruited Gelatin w/Whip Topping, Fresh Fruit, Milk	23 BREAKFAST Assorted Cereal, Benefit Bar, Egg Bites w/Turkey Bacon, Breakfast Burrito, Fresh Fruit, Fruit Juice, Milk LUNCH Fish Bites w/Hush Puppies & Fries, Garlic French Bread Pizza, Veg. Cobb Salad w/Savory Crackers, Honey Glazed Carrots, Curly Fries, Lone Star Luau Slush, Fresh Fruit, Milk
26 BREAKFAST Assorted Cereal, Benefit Bar, Confetti Waffle, Pancake on a Stick, Fresh Fruit, Fruit Juice, Milk LUNCH Orange Chicken w/Rice, Cheesy Pasta, Buffalo Chicken Salad, Steamed Broccoli, Squash Casserole, Lone Star Luau Slush, Fresh Fruit, Milk	27 BREAKFAST Assorted Cereal, Benefit Bar, Bacon Egg Cheese Taco, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk LUNCH Chicken Soft Tacos, Jalapeño Cheese Bites, Croissant Turkey Ham Smart Box, Garden Salad, Refried Beans, Spanish Rice, Caliente Fruit Cup, Fresh Fruit, Milk	28 BREAKFAST Assorted Cereal, Benefit Bar, Breakfast Smoothie w/Honey Graham Crackers, French Toast Sticks w/Bacon, Fresh Fruit, Fruit Juice, Milk LUNCH Bone-less Wings w/Fries, Bean & Cheese Burrito, Nacho Smart Box, Potato Wedges, Caesar Salad Shaker, Fruited Gelatin w/Whip Topping, 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 BBQ Jack Sandwich, Mini Corn Dogs, Fruit & Yogurt Parfait, Mashed Potatoes, Baby Carrots w/Ranch, Whole Fruit Frozen Cup, Fresh Fruit, Milk	30 BREAKFAST Assorted Cereal, Benefit Bar, Egg Bites w/Turkey Bacon, Cinnamon Roll, Fresh Fruit, Fruit Juice, Milk LUNCH Meat Lovers Pizza, Mac & Cheese, Chicken Caesar Salad w/Garlic Knot, Orange Medley Juice, Fresh Vegetable Medley, Grapefruit w/Tajin, 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.

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.
- Sumerje 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 cortarse.

🍴 IDEAS DE DEGUSTACIÓN

Evite forzar a los niños a probar comidas nuevas.