

2026 OCTOBER – MENU K-5 AT ELEMENTARY 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
Elementary Schools K-5 Menu Food containing pork/pork derivatives: Breakfast Kolache* Breakfast Pizza *Pepperoni Pizza * Fruited Gelatin * Blushing Applesauce *			1 BREAKFAST Maple Waffle Sausage Cheese Sandwich, Honey Bun, Fresh Fruit, Fruit Juice, Milk LUNCH Teriyaki Chicken Rice Bowl, Pizza Max Sticks, Mandarin Orange Chicken Salad w/Savory Crackers, Steamed Broccoli, Orange Medley Juice, Raisins, Milk	2 BREAKFAST Kolache, Cereal Bowl, Fresh Fruit, Fruit Juice, Milk LUNCH Fish Bites & Hush Puppies, BBQ Drumstick w/Biscuit, Fruit & Yogurt Parfait, Crinkle Cut Fries, Fresh Vegetable Medley, Fresh Fruit, Milk
5 BREAKFAST Benefit Bar, Egg & Fiesta Cheese Croissant, Fresh Fruit, Fruit Juice, Milk LUNCH Chicken & Waffles w/Syrup, Cheesy Pasta, Fruit & Yogurt Parfait, Carrot Coins, Corn, Craisins, Milk	6 BREAKFAST Green Chili Breakfast Burrito, Muffin Top, Fresh Fruit, Fruit Juice, Milk LUNCH Cheese Nachos, Crispy Turkey Taco, Crispy Chicken Salad w/Churro Crackers, Garden Salad w/ Ranch, Refried Beans, Whole Fruit Frozen Cup, Milk	7 BREAKFAST Donut Holes, Benefit Bar, Fresh Fruit, Fruit Juice, Milk LUNCH Chicken Nuggets w/Roll, Breakfast Home Run Plate, Fruit & Yogurt Smart Box, Hash Brown Patties, Orange Medley Juice, Blushing Applesauce, Milk	8 BREAKFAST Maple Waffle, Yogurt w/Honey Graham Crackers, Fresh Fruit, Fruit Juice, Milk LUNCH Mini Mozzarella Bites, Hamburger/Cheeseburger, Turkey Sandwich Smart Box, Emoji Fries, Burger Salad, Chilled Fruit, Milk	9  No-School Fall Break 
12  No-School Fall Break 	13 	14 BREAKFAST Pancake Bites, Breakfast Pizza, Fresh Fruit, Fruit Juice, Milk LUNCH Monster Bowl, Cheeseburger Calzone, Hummus Smart Box, Mixed Vegetables, Ranch Salad Shaker, Blushing Applesauce, Milk	15 BREAKFAST Cereal Bowl, Benefit Bar, Fresh Fruit, Fruit Juice, Milk LUNCH Grilled Cheese Sandwich, Orange Chicken w/Rice, Turkey Ham Sandwich Smart Box, Cucumber w/Tajin, Peas & Carrots, Orange Wedges, Milk	16 BREAKFAST French Toast Sticks, Kolache, Fresh Fruit, Fruit Juice, Milk LUNCH HARVEST OF THE MONTH Hamburger/Cheeseburger, Potato Breaded Fish Nuggets & Hush Puppies, Veg. Cobb Salad w/Savory Crackers, Broccoli Normandy Blend, Veggie Dipper, Fresh Fruit, Milk
19 BREAKFAST Confetti Pancakes, Benefit Bar, Fresh Fruit, Fruit Juice, Milk LUNCH Chicken & Waffles w/Syrup, Macaroni & Cheese, Turkey Ham Sandwich, Steamed Broccoli w/Cheese, Orange Medley Juice, Lone Star Luau Slush, Milk	20 BREAKFAST Kolache, Pumpkin/Zucchini/Banana Bread, Fresh Fruit, Fruit Juice, Milk LUNCH Crispy Turkey Taco, Cheese Nachos, 1/2 Sunbutter & Jelly Sandwich w/Yogurt Cup, Broccoli Normandy Blend, Cucumber Slices, Spanish Rice, Peachy Pear Salad, Milk	21 BREAKFAST Donut Holes Cup, Benefit Bar, Fresh Fruit, Fruit Juice, Milk LUNCH Mini Corn Dogs, Hamburger/Cheeseburger, Fruit & Yogurt Parfait, Baked Beans, Burger Salad, Blushing Applesauce, Milk	22 BREAKFAST Breakfast Pizza, Muffin Top, Fresh Fruit, Fruit Juice, Milk LUNCH Steak Fingers w/Roll, Bean & Cheese Pupusa w/Curtido Salad, Chicken Caesar Salad w/ Garlic Knot, Carrot Coins, Mashed Potatoes, Chilled Fruit, Milk	23 BREAKFAST Breakfast Burrito, Benefit Bar, Fresh Fruit, Fruit Juice, Milk LUNCH Pepperoni/Cheese Pizza, Cheese Bites, Roasted Turkey Sandwich, Caesar Salad Shaker, Fresh Vegetable Medley, Fresh Fruit, Milk
26 BREAKFAST Breakfast Pizza Bagel, Benefit Bar, Fresh Fruit, Fruit Juice, Milk LUNCH Spaghetti & Meatballs w/Garlic Knot, Grilled Cheese Sandwich, Turkey Ham Sandwich, Italian Green Beans, Carrot Coins, Whole Fruit Frozen Cup, Milk	27 BREAKFAST Breakfast Scrambler, Pancake Bites, Fresh Fruit, Fruit Juice, Milk LUNCH Chicken Crispito, Bean & Cheese Burrito, Hummus Smart Box, Baked Beans, Garden Salad, Grapefruit w/Tajin, Milk	28 BREAKFAST Croissant Chicken Sausage & Cheese Sandwich, Assorted Muffins, Fresh Fruit, Fruit Juice, Milk LUNCH Beef Tamale, Hot Dog, Sunbutter & Jelly Smart Box, Sweet Potato Waffle Fries, Ranch Salad Shaker, Orange Wedges, Milk	29 BREAKFAST Maple Waffle Sausage Cheese Sandwich, Honey Bun, Fresh Fruit, Fruit Juice, Milk LUNCH Teriyaki Chicken Rice Bowl, Pizza Max Sticks, Mandarin Orange Chicken Salad w/Savory Crackers, Steamed Broccoli, Orange Medley Juice, Lone Star Luau Slush, Milk	30 BREAKFAST Kolache, Cereal Bowl, Fresh Fruit, Fruit Juice, Milk LUNCH Fish Bites & Hush Puppies, BBQ Drumstick w/Biscuit, Fruit & Yogurt Parfait, Crinkle Cut Fries, Fresh Vegetable 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 cortarlas.

🍴 IDEAS DE DEGUSTACIÓN

Evite forzar a los niños a probar comidas nuevas.



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