2026 NOVEMBER – MENU
CARDWELL

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
2 	**3** 	**4** **BREAKFAST** Assorted Cereal, Benefit Bar, Breakfast Smoothie w/Honey Graham Crackers, Homemade Chicken Biscuit, Fresh Fruit, Fruit Juice, Milk **LUNCH** Bone-In Wings w/Roll, Chili Cheese Dog, Fruit & Yogurt Parfait, Garden Salad, Steamed Broccoli, Fruited Gelatin w/Whip Topping, Fresh Fruit, Milk	**5** **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, Hummus Smart Box, Spinach Salad, Curly Fries, Whole Fruit Frozen Cup, Fresh Fruit, Milk	**6** **BREAKFAST** Assorted Cereal, Benefit Bar, Sausage/Sausage Cheese/Egg Cheese Biscuit, Green Chili Burrito, Fresh Fruit, Fruit Juice, Milk **LUNCH** CFS w/Gravy & Roll, Zesty Nachos, Chicken Caesar Salad w/Garlic Knot, Squash Casserole, Seasoned Green Beans, Vanilla Pudding, Grapefruit w/Tajin, Fresh Fruit, Milk
9 **BREAKFAST** Assorted Cereal, Benefit Bar, Breakfast Pizza w/Gravy, Hot Turkey Ham & Cheese Croissant, Fresh Fruit, Fruit Juice, Milk **LUNCH** Pepperoni/Cheese Deep Dish Pizza, Corn Dog, Buffalo Chicken w/Cheez-It, Steamed Broccoli w/Cheese, Honey Glazed Sweet Potatoes, Blushing Applesauce, Fresh Fruit, Milk	**10** **BREAKFAST** Assorted Cereal, Benefit Bar, Breakfast Taco, Pancake on a Stick, Fresh Fruit, Fruit Juice, Milk **LUNCH** Pepperjack Enchiladas, Reg/Spicy Chicken Sandwich, Croissant Turkey Ham Sandwich, Orange Medley Juice, Refried Beans, Spanish Rice, Chilled Fruit, Fresh Fruit, Milk	**11** **BREAKFAST** Assorted Cereal, Benefit Bar, Sausage/Sausage Cheese/Egg Cheese Croissant, Breakfast Smoothie w/Honey Graham Crackers, Fresh Fruit, Fruit Juice, Milk **LUNCH** Bone-less Wings w/Fries & Gold Fish, Texas Chili Cheese Pie, Fruit & Yogurt Parfait, Caesar Salad Shaker, Golden Corn, Fruit Crisp, Fresh Fruit, Milk	**12** **BREAKFAST** Assorted Cereal, Benefit Bar, Egg Bites w/Turkey Bacon, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk **LUNCH** Cheesy Hot Chicken Chunks w/Biscuit, Mega Meat Pizza, Nacho Smart Box, Veggie Dipper w/Ranch, Mashed Potatoes, Whole Fruit Frozen Cup, Fresh Fruit, Milk	**13** **BREAKFAST** Assorted Cereal, Benefit Bar, Bacon- Egg- Cheese Breakfast Taco, Cinnamon Roll, Fresh Fruit, Fruit Juice, Milk **LUNCH** **HARVEST OF THE MONTH** 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
16 **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, Burger Salad, Tater Tots, Chilled Fruit, Fresh Fruit, Milk	**17** **BREAKFAST** Assorted Cereal, Benefit Bar, Chorizo Breakfast Bowl, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk **LUNCH** Baked Potato w/Cheese & Broccoli, Crispy Turkey Taco, Chicken Caesar Salad w/Garlic Knot, Refried Beans, Lettuce & Tomatoes, Spanish Rice, Caliente Fruit Cup, Fresh Fruit, Milk	**18** **BREAKFAST** Assorted Cereal, Benefit Bar, Breakfast Pizza, Breakfast Smoothie w/Honey Graham Crackers, Fresh Fruit, Fruit Juice, Milk **THANKSGIVING LUNCH** Turkey, Wings, Fruit & Yogurt Parfait, Mashed Potatoes, Green Bean Casserole, Turkey Gravy, Cranberry Sauce, Cornbread Stuffing, Honey Wheat Rolls, Pumpkin Custard, Caliente Fruit Cup, Fresh Fruit, Milk	**19** **BREAKFAST** Assorted Cereal, Benefit Bar, Bean Tamale, Breakfast Fruit & Yogurt Parfait, Fresh Fruit, Fruit Juice, Milk **LUNCH** Tuscan Pizza, Orange Chicken w/Rice, Fruit & Yogurt Parfait, Steamed Broccoli, Veggie Dipper, Whole Fruit Frozen Cup, Fresh Fruit, Milk	**20** **BREAKFAST** Assorted Cereal, Benefit Bar, Egg Bites w/Turkey Bacon, Honeybun, Fresh Fruit, Fruit Juice, Milk **LUNCH** Fish Bites w/Hush Puppies & Fries, Zesty Nachos, Croissant Turkey Ham Smart Box, Mixed Vegetables, Spinach Salad, Chocolate Pudding, Lone Star Luau Slush, Fresh Fruit, Milk
23	**24**	**25**	**26** 	**27**
30 **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				

No School: November 23 – 27, 2026



Cardwell Menu

Food containing pork/pork derivatives:

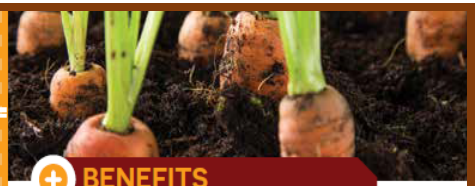
Breakfast Kolache* Breakfast Pizza Bagel *Pepperoni Pizza * Fruited Gelatin * Blushing Applesauce * Pulled Pork *

HARVEST OF THE MONTH

CARROT

NOVEMBER

Carrots are root vegetables like potatoes, turnips and beets. The roots of these vegetables are edible.



BENEFITS

Carrots are rich in vitamin A, vitamin C, vitamin K, potassium and dietary fiber. They also are a good source of antioxidants. The health benefits of carrots are many, including helping to reduce cholesterol, preventing heart disease, protecting against development of certain cancers, improving vision, and reducing the signs of premature aging.

Talking to Students about Potassium

Potassium is a mineral that has many functions, including maintaining heart health.

SELECTION

- Choose carrots with a good, smooth form and a hearty orange color.
- Select carrots that still have greens attached, as these tend to keep better and taste fresher. The leaves themselves should be fresh and bright green.
- Note the carrot's shape: Try to choose medium-sized carrots that taper off at the end. Medium-sized carrots will be the easiest to cook. Thick carrots are often tough and harder to cook with.
- Select young carrots for the most sweetness. Slim, early carrots are the sweetest.

STORAGE

- Store carrots ideally at 32 °F with a relative humidity of 90-95% and some air circulation. Under these conditions, carrots will be acceptable for about 4 weeks.
- Carrots stored at general refrigeration temperatures below 41 °F in sealed bags have an approximate shelf life of 10 days.
- Carrots may be stored in dry storage below 75 °F for up to 4 days.
- Remove green tops to carrots prior to storage to increase shelf life because the tops will use water and drain nutritional value from the carrot.
- Cut off carrot greens, place carrots in a container with a lid and cover completely with water.
- Keep the container in the refrigerator, changing the water every four to five days.
- Store carrots away from ethylene-producing fruits and vegetables, because ethylene causes a bitter flavor in carrots.

PREPARATION

- Wash carrot roots and gently scrub them with a vegetable brush right before eating.
- To remove additional debris, gently scrape the skin using a knife.
- If the stem end is green, it should be cut away as it will be bitter.
- Depending upon the recipe or your personal preference, carrots can be left whole or julienned, grated, shredded or sliced into sticks or rounds.
- While heating can often damage some of the delicate phytonutrients in vegetables, the beta-carotene as found in carrots has been shown to be surprisingly heat-stable.



TASTING TIP

Let children choose which new foods to try.

Food and Nutrition Division
Farm Fresh Initiative

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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www.SquareMeals.org

LA COSECHA DEL MES

ZANAHORIAS

NOVIEMBRE

Las zanahorias son un tubérculo comestible como las papas, los nabos y las remolachas (betabel). Las raíces de estos vegetales son comestibles.



BENEFICIOS

Las zanahorias son ricas en vitamina A, vitamina C, vitamina K, potasio y fibra alimentaria. También son una buena fuente de antioxidantes. Las zanahorias tienen muchos beneficios respecto de la salud, por ejemplo ayudan a reducir el colesterol, evitan las enfermedades cardiacas, protegen contra el desarrollo de ciertos tipos de cáncer, mejoran la visión y reducen los síntomas del envejecimiento prematuro.

Hablar con los alumnos sobre el potasio

El potasio es un mineral que tiene muchas funciones, entre ellas mantener la salud del corazón.

SELECCIÓN

- Elija zanahorias que tengan buena forma, sean parejas y su color sea naranja fuerte.
- Seleccione zanahorias que todavía tengan las hojas, ya que las mismas suelen mantenerse mejor y tener un sabor más fresco. Las hojas deberían ser frescas y bien verdes.
- Observe la forma de las zanahorias: intente elegir zanahorias de tamaño mediano que se reduzcan gradualmente en el extremo. Las zanahorias de tamaño mediano serán las más fáciles de cocinar. Las zanahorias gruesas suelen ser duras y más difíciles de cocinar.
- Seleccione zanahorias jóvenes para que sean bien dulces. Las zanahorias tempranas y delgadas son las más dulces.

CONSERVACIÓN

- Guarde las zanahorias idealmente a 32° F con una humedad relativa de entre el 90% y el 95% y algo de circulación de aire. En estas condiciones, las zanahorias se mantendrán bien durante alrededor de 4 semanas.
- Las zanahorias que se conservan a temperaturas de refrigeración general inferiores a los 41° F en bolsas selladas tienen una duración aproximada de 10 días.
- Las zanahorias se pueden conservar en un área de almacenamiento en seco por debajo de los 75° F durante un máximo de 4 días.
- Quite el extremo superior verde de las zanahorias antes de guardarlas para aumentar su duración, ya que esta parte utilizará agua y quitará valor nutricional a la zanahoria.
- Corte las hojas de las zanahorias, coloque las zanahorias en un recipiente con tapa y cubra por completo con agua.
- Mantenga el recipiente en el refrigerador y cambie el agua cada cuatro a cinco días.
- Guarde las zanahorias lejos de las frutas y verduras que producen gas etileno, ya que el gas etileno provoca un sabor amargo en las zanahorias.

PREPARACIÓN

- Lave las zanahorias y refriéguelas suavemente con un cepillo para vegetales justo antes de comer.
- Para quitar la suciedad adicional, raspe suavemente la piel utilizando un cuchillo.
- Si el extremo superior está verde, córtelo, ya que será amargo.
- Según la receta que desee preparar o su preferencia personal, las zanahorias se pueden comer enteras o cortadas en juliana, ralladas, cortadas en tiras, en bastones o en rodajas.
- Si bien el calor puede dañar algunos de los delicados fitonutrientes de las verduras, se ha descubierto que el betacaroteno de las zanahorias es sorprendentemente estable al calor.



IDEAS DE DEGUSTACIÓN

Permita que los niños elijan qué alimentos nuevos desean probar.

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Farm Fresh Initiative

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