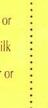
OCTOBER 2013 ELEMENTARY "FUEL UP TO PLAY 60" MENUS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Monday, October 7 is the last day that students are permitted to receive meal benefits based on last year's meal status.	Chicken Tenders Chef Salad Caribbean Blend Vegetables Crunchy Veggie Dippers Applesauce Fresh Fruit Whole Wheat Breadstick	Chicken Burger Sweet & Sour Chicken over Brown Rice Pacific Vegetables Roasted Potato Wedges Garden Salad Strawberry Cup Fresh Fruit	Pizza Dippers Chicken Salad Sandwich Seasoned Corn Seasoned Carrots Garden Salad Fresh Fruit	Spaghetti w/Meatballs Yogurt Plate (yogurt & half sandwich) Steamed Spinach Crunchy Veggie Dippers Fresh Fruit Whole Wheat Garlic Toast
land the second	Pancakes	Biscuit & Sausage	Breakfast Taco	Texas Star Bread & Sausage
Hamburger Garden Burger Yogurt Plate (yogurt & half sandwich) Roasted Potato Wedges Garden Salad Crunchy Veggie Dippers Fresh Fruit	Pizza Tuna Salad Sandwich Steamed Edamame Pacific Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit	Chicken Tenders Meatloaf Mashed Potatoes Caribbean Blend Vegetables Garden Salad Fresh Fruit Whole Wheat Roll	Bean & Cheese Burrito Soft or Crispy Tacos Seasoned Carrots Garden Salad Peach Cup Fresh Fruit	Fish Mac n' Cheese Steak Sticks Steamed Broccoli Crunchy Veggie Dippers Strawberry Cup Fresh Fruit Whole Wheat Breadstick
Biscuit & Sausage	French Toast Sticks	Yogurt Parfait	Scrambled Eggs & Biscuit	Chicken Biscuit
Nutritional information is available online!!! www.austinisd.org/ nutritionfoodservices	Tamales (Bean & Cheese) Toasted Cheese Sandwich Steamed Spinach Crunchy Veggie Dippers Pineapple Cup Fresh Fruit Whole Grain Cornbread	Pizza Dippers Country Catfish Sweet Potato Fries Pacific Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit Whole Wheat Breadstick	Enchilada Roasted Chicken Seasoned Pinto Beans Riviera Blend Vegetables Garden Salad Applesauce Fresh Fruit Whole Grain Cornbread	Chicken Burger Garden Burger Roasted Potato Wedges Carrots and Edamame Garden Salad Pear Cup Fresh Fruit
0.1	Biscuit & Sausage	Breakfast Taco	Chicken Biscuit	Texas Star Bread & Sausage
Pizza Tuna Salad Sandwich Seasoned Corn Crunchy Veggie Dippers Applesauce Fresh Fruit	Hamburger Garden Burger Yogurt Plate (yogurt & half sandwich) Roasted Potato Wedges Crunchy Veggie Dippers Garden Salad Fresh Fruit	Soft or Crispy Tacos Turkey & Cheese Melt Seasoned Pinto Beans Garden Salad Chilled Fruit Cocktail Fresh Fruit	Turkey over Rice Steak Sticks Sweet Potatoes Crunchy Veggie Dippers Strawberry Cup Fresh Fruit Whole Wheat Breadstick	Bean & Cheese Burrito Stuffed Spud Steamed Broccoli Garden Salad Peach Cup Fresh Fruit Whole Wheat Breadstick
Biscuit & Sausage	French Toast Sticks	Mini Loaf & Sausage Link	Chicken Biscuit	Scrambled Eggs & Biscuit
Fish Burger Toasted Cheese Sandwich	Chicken Tenders	Chicken Burger	Pizza Dippers Chicken Salad Sandwich	::

ilk is offered with every meal. Breakfast items on menu also include milk and a choice of fruit juice or fresh fruit. A breakfast option of cereal, toast, juice and milk is offered daily. Breakfast cereals contain 1/2 Tbsp. of sugar or less. Menus are subject to change without notice.





Family Physical Activity and Health Challenges				
Grades	Physical Activity Chal- lenges	Health Topics	Family Challenges	
K-1st	Set up targets from different distances	Play 5 activities that could increase your	Do push-up, sit-ups and cardiovascular activities	



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