

# OCTOBER 2013 ELEMENTARY "FUEL UP TO PLAY 60" MENUS



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Monday, October 7 is the last day that students are permitted to receive meal benefits based on last year's meal status.</p>	<p><b>1</b></p> <p>Chicken Tenders Chef Salad Caribbean Blend Vegetables Crunchy Veggie Dippers Applesauce Fresh Fruit Whole Wheat Breadstick</p> <p><b>Pancakes</b></p>	<p><b>2</b></p> <p>Chicken Burger Sweet &amp; Sour Chicken over Brown Rice Pacific Vegetables Roasted Potato Wedges Garden Salad Strawberry Cup Fresh Fruit</p> <p><b>Biscuit &amp; Sausage</b></p>	<p><b>3</b></p> <p>Pizza Dippers Chicken Salad Sandwich Seasoned Corn Seasoned Carrots Garden Salad Fresh Fruit</p> <p><b>Breakfast Taco</b></p>	<p><b>4</b></p> <p>Spaghetti w/Meatballs Yogurt Plate (yogurt &amp; half sandwich) Steamed Spinach Crunchy Veggie Dippers Fresh Fruit Whole Wheat Garlic Toast</p> <p><b>Texas Star Bread &amp; Sausage</b></p>
<p><b>7</b></p> <p>Hamburger Garden Burger Yogurt Plate (yogurt &amp; half sandwich) Roasted Potato Wedges Garden Salad Crunchy Veggie Dippers Fresh Fruit</p> <p><b>Biscuit &amp; Sausage</b></p>	<p><b>8</b></p> <p>Pizza Tuna Salad Sandwich Steamed Edamame Pacific Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit</p> <p><b>French Toast Sticks</b></p>	<p><b>9</b></p> <p>Chicken Tenders Meatloaf Mashed Potatoes Caribbean Blend Vegetables Garden Salad Fresh Fruit Whole Wheat Roll</p> <p><b>Yogurt Parfait</b></p>	<p><b>10</b></p> <p>Bean &amp; Cheese Burrito Soft or Crispy Tacos Seasoned Carrots Garden Salad Peach Cup Fresh Fruit</p> <p><b>Scrambled Eggs &amp; Biscuit</b></p>	<p><b>11</b></p> <p>Fish Mac n' Cheese Steak Sticks Steamed Broccoli Crunchy Veggie Dippers Strawberry Cup Fresh Fruit Whole Wheat Breadstick</p> <p><b>Chicken Biscuit</b></p>
<p><b>14</b></p> <p>Nutritional information is available online!!! <a href="http://www.austinisd.org/nutritionfoodservices">www.austinisd.org/nutritionfoodservices</a></p>	<p><b>15</b></p> <p>Tamales (Bean &amp; Cheese) Toasted Cheese Sandwich Steamed Spinach Crunchy Veggie Dippers Pineapple Cup Fresh Fruit Whole Grain Cornbread</p> <p><b>Biscuit &amp; Sausage</b></p>	<p><b>16</b></p> <p>Pizza Dippers Country Catfish Sweet Potato Fries Pacific Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit Whole Wheat Breadstick</p> <p><b>Breakfast Taco</b></p>	<p><b>17</b></p> <p>Enchilada Roasted Chicken Seasoned Pinto Beans Riviera Blend Vegetables Garden Salad Applesauce Fresh Fruit Whole Grain Cornbread</p> <p><b>Chicken Biscuit</b></p>	<p><b>18</b></p> <p>Chicken Burger Garden Burger Roasted Potato Wedges Carrots and Edamame Garden Salad Pear Cup Fresh Fruit</p> <p><b>Texas Star Bread &amp; Sausage</b></p>
<p><b>21</b></p> <p>Pizza Tuna Salad Sandwich Seasoned Corn Crunchy Veggie Dippers Applesauce Fresh Fruit</p> <p><b>Biscuit &amp; Sausage</b></p>	<p><b>22</b></p> <p>Hamburger Garden Burger Yogurt Plate (yogurt &amp; half sandwich) Roasted Potato Wedges Crunchy Veggie Dippers Garden Salad Fresh Fruit</p> <p><b>French Toast Sticks</b></p>	<p><b>23</b></p> <p>Soft or Crispy Tacos Turkey &amp; Cheese Melt Seasoned Pinto Beans Garden Salad Chilled Fruit Cocktail Fresh Fruit</p> <p><b>Mini Loaf &amp; Sausage Link</b></p>	<p><b>24</b></p> <p>Turkey over Rice Steak Sticks Sweet Potatoes Crunchy Veggie Dippers Strawberry Cup Fresh Fruit Whole Wheat Breadstick</p> <p><b>Chicken Biscuit</b></p>	<p><b>25</b></p> <p>Bean &amp; Cheese Burrito Stuffed Spud Steamed Broccoli Garden Salad Peach Cup Fresh Fruit Whole Wheat Breadstick</p> <p><b>Scrambled Eggs &amp; Biscuit</b></p>
<p><b>28</b></p> <p>Fish Burger Toasted Cheese Sandwich Seasoned Pinto Beans Riviera Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit</p> <p><b>Chicken Biscuit</b></p>	<p><b>29</b></p> <p>Chicken Tenders Chef Salad Caribbean Blend Vegetables Pretty Peas Crunchy Veggie Dippers Fresh Fruit Whole Wheat Breadstick</p> <p><b>Pancakes</b></p>	<p><b>30</b></p> <p>Chicken Burger Sweet &amp; Sour Chicken over Brown Rice Pacific Vegetables Roasted Potato Wedges Garden Salad Strawberry Cup Fresh Fruit</p> <p><b>Biscuit &amp; Sausage</b></p>	<p><b>31</b></p> <p>Pizza Dippers Chicken Salad Sandwich Seasoned Corn Seasoned Carrots Garden Salad Applesauce Fresh Fruit</p> <p><b>Breakfast Taco</b></p>	<p>Pre-Pay Online <a href="http://www.MyLunchMoney.com">www.MyLunchMoney.com</a></p>

Milk 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 Challenges	Health Topics	Family Challenges
K-1st	Set up targets from different distances and use an underhand	Play 5 activities that could increase your heart rate. Explain	Do push-up, sit-ups and cardiovascular activities such as jumping jacks or



FRUIT OF