


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

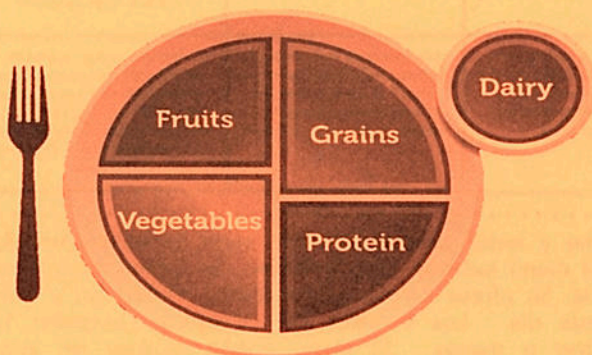


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		<p align="center"><b>FRUIT OF THE MONTH</b></p> <p align="center"><i>Watermelons are an excellent source of vitamins C, A and B6. They are also a great source of potassium, and extremely low in sodium. Watermelons are a great snack.</i></p>		<p align="center">Nutritional information is available online!!!</p> <p align="center">www.austinisd.org/nutritionfoodservices</p>	<p>1 Spaghetti w/Meatballs Yogurt Plate (yogurt &amp; half sandwich) Steamed Spinach Crunchy Veggie Dippers Fresh Fruit Whole Wheat Garlic Toast</p>
<p>4 Hamburger Garden Burger Yogurt Plate (yogurt &amp; half sandwich) Roasted Potato Wedges Garden Salad Crunchy Veggie Dippers Fresh Fruit</p> <p align="center"><b>Biscuit &amp; Sausage</b></p>	<p>5 Pizza Tuna Salad Sandwich Steamed Edamame Pacific Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit</p> <p align="center"><b>French Toast Sticks</b></p>	<p>6 Chicken Tenders Meatloaf Mashed Potatoes Caribbean Blend Vegetables Garden Salad Fresh Fruit Whole Wheat Roll</p> <p align="center"><b>Yogurt Parfait</b></p>	<p>7 Bean &amp; Cheese Burrito Soft or Crispy Tacos Seasoned Carrots Garden Salad Peach Cup Fresh Fruit</p> <p align="center"><b>Scrambled Eggs &amp; Biscuit</b></p>	<p>8 Fish Mac n' Cheese Steak Sticks Steamed Broccoli Crunchy Veggie Dippers Strawberry Cup Fresh Fruit Whole Wheat Breadstick</p> <p align="center"><b>Chicken Biscuit</b></p>	
<p>11 Pre-Pay Online</p> <p align="center">www. MyLunchMoney.com</p>	<p>12 Tamales (Beef &amp; Bean) Toasted Cheese Sandwich Steamed Spinach Crunchy Veggie Dippers Pineapple Cup Fresh Fruit Whole Grain Cornbread</p> <p align="center"><b>Biscuit &amp; Sausage</b></p>	<p>13 Pizza Dippers Country Catfish Sweet Potato Fries Pacific Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit Whole Wheat Breadstick</p> <p align="center"><b>Breakfast Taco</b></p>	<p>14 Enchilada Roasted Chicken Seasoned Pinto Beans Riviera Blend Vegetables Garden Salad Applesauce Fresh Fruit Whole Grain Cornbread</p> <p align="center"><b>Chicken Biscuit</b></p>	<p>15 Chicken Burger Garden Burger Roasted Potato Wedges Carrots and Edamame Garden Salad Pear Cup Fresh Fruit</p> <p align="center"><b>Texas Star Bread &amp; Sausage</b></p>	
<p>18 Pizza Tuna Salad Sandwich Seasoned Corn Crunchy Veggie Dippers Applesauce Fresh Fruit</p> <p align="center"><b>Biscuit &amp; Sausage</b></p>	<p>19 Hamburger Garden Burger Yogurt Plate (yogurt &amp; half sandwich) Roasted Potato Wedges Crunchy Veggie Dippers Garden Salad Fresh Fruit</p> <p align="center"><b>French Toast Sticks</b></p>	<p>20 Soft or Crispy Tacos Turkey &amp; Cheese Melt Seasoned Pinto Beans Garden Salad Chilled Fruit Cocktail Fresh Fruit</p> <p align="center"><b>Mini Loaf &amp; Sausage Link</b></p>	<p>21 Turkey w/Dressing Steak Sticks Seasoned Green Beans Sweet Potatoes Garden Salad Strawberry Cup Fresh Fruit Whole Wheat Breadstick</p> <p align="center"><b>Chicken Biscuit</b></p>	<p>22 Bean &amp; Cheese Burrito Stuffed Spud Steamed Broccoli Garden Salad Peach Cup Fresh Fruit Whole Wheat Breadstick</p> <p align="center"><b>Scrambled Eggs &amp; Biscuit</b></p>	
<p>25 Fish Burger Toasted Cheese Sandwich Seasoned Pinto Beans Riviera Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit</p> <p align="center"><b>Chicken Biscuit</b></p>	<p>26 Chicken Tenders Chef Salad Caribbean Blend Vegetables Pretty Peas Crunchy Veggie Dippers Fresh Fruit Whole Wheat Breadstick</p> <p align="center"><b>Pancakes</b></p>				

Servings of legumes, dark green vegetables and red or orange vegetables are available for all students weekly. All lunches include an entrée, a whole grain item, two servings of vegetables, at least one serving of fruit and low fat or skim milk.

Students may select all five components or at least three components including a serving of vegetable or fruit. Meals are priced as a unit; however, each item is available a la carte.

These guidelines are represented by "My Plate" from "Choose My Plate.gov".



**MyPlate**

### Family Physical Activity and Health Challenges

Grades	Physical Activity Challenges	Health Topics	Family Challenges
K-1st	What is rhythm? Show how many ways you can keep rhythm with various body parts. Why is it important to be able to keep rhythm?	How does breathing tobacco make you feel? What happens to your lungs if you smoke tobacco products?	Play different types of music and dance to the various rhythms for 15-30 minutes. Dance again, but only use a coffee stir stick to breathe through to demonstrate how smoking affects your breathing.
2nd-3rd	Practice dribbling for 15 minutes a day. Dribble and have someone try to knock the ball away from you. Create 5-10 dribbling tricks.	What effect does smoking have on the body? How does second hand smoke affect your ability to exercise?	Find 3 different places that your family can play basketball. Who can make the most shots in a row at various distances? Who can make the longest shot?
4th-5th	Teach someone how to dribble and shoot a basketball. Play a game of 1 on 1 to practice your dribbling and shooting skills.	What changes occur in the cardio-respiratory system as a result of smoking? What might happen if a police officer catches a minor with cigarettes?	Find out how much a pack of cigarettes cost and decide the cost for a month and a year. Discuss smoking and the effects it has on your body? Sign a pledge with your family that you will not smoke.

Milk is offered with every meal. Milk choices are 1% and skim milk. Breakfast items on menu also include juice and milk. Fresh fruit is offered often. 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.