



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Nutritional information is available online!!! www.austinisd.org/nutritionfoodservices	7 Pizza Dippers Country Catfish Sweet Potato Fries Pacific Blend Vegetables Chilled Fruit Cocktail Whole Wheat Breadstick Biscuit & Sausage	8 Tamales (Beef) Toasted Cheese Sandwich Seasoned Mixed Vegetables Seasoned Green Beans Applesauce Fresh Fruit Whole Grain Cornbread Pancakes	9 Chicken Burger Garden Burger Roasted Potato Wedges Carrots and Edamame Garden Salad Pear Cup Fresh Fruit Chicken Biscuit	10 Enchilada Roasted Chicken Seasoned Pinto Beans Steamed Spinach Garden Salad Blueberry Cup Fresh Fruit Whole Grain Cornbread Texas Star Bread & Sausage
13 Pizza Tuna Salad Sandwich Seasoned Corn Crunchy Veggie Dippers Applesauce Fresh Fruit Biscuit & Sausage	14 Hamburger Garden Burger Yogurt Plate (yogurt & half sandwich) Roasted Potato Wedges Crunchy Veggie Dippers Garden Salad Fresh Fruit French Toast Sticks	15 Soft or Crispy Tacos Turkey & Cheese Melt Seasoned Pinto Beans Garden Salad Chilled Fruit Cocktail Fresh Fruit Mini Loaf & Sausage Link	16 Turkey over Rice Steak Sticks Sweet Potatoes Crunchy Veggie Dippers Strawberry Cup Fresh Fruit Whole Wheat Breadstick Chicken Biscuit	17 Bean & Cheese Burrito Stuffed Spud Steamed Broccoli Garden Salad Peach Cup Fresh Fruit Whole Wheat Breadstick Scrambled Eggs & Biscuit
20 "EAT SMART" Fresh fruits and vegetables are "GO" foods.	21 Fish Burger Toasted Cheese Sandwich Seasoned Pinto Beans Riviera Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit Pancakes	22 Chicken Burger Sweet & Sour Chicken over Brown Rice Pacific Vegetables Sweet Potato Fries Garden Salad Blueberry Cup Fresh Fruit Biscuit & Sausage	23 Chicken Tenders Chef Salad Caribbean Blend Vegetables Pretty Peas Crunchy Veggie Dippers Fresh Fruit Whole Wheat Breadstick Breakfast Taco	24 Spaghetti w/Meatballs Yogurt Plate (yogurt & half sandwich) Steamed Spinach Crunchy Veggie Dippers Fresh Fruit Whole Wheat Garlic Toast Texas Star Bread & Sausage
27 Hamburger Garden Burger Yogurt Plate (yogurt & half sandwich) Roasted Potato Wedges Garden Salad Crunchy Veggie Dippers Fresh Fruit Biscuit & Sausage	28 Pizza Tuna Salad Sandwich Steamed Edamame Pacific Blend Vegetables Crunchy Veggie Dippers Chilled Fruit Cocktail Fresh Fruit French Toast Sticks	29 Chicken Tenders Meatloaf Mashed Potatoes Caribbean Blend Vegetables Garden Salad Fresh Fruit Whole Wheat Roll Yogurt Parfait	30 Bean & Cheese Burrito Soft or Crispy Tacos Seasoned Carrots Garden Salad Peach Cup Fresh Fruit Scrambled Eggs & Biscuit	31 Fish Mac n' Cheese Steak Sticks Steamed Broccoli Crunchy Veggie Dippers Strawberry Cup Fresh Fruit Whole Wheat Breadstick Chicken Biscuit

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.

BREAKFAST

Breakfast menus are designed to meet one-fourth of the RDA for calories, protein, iron, calcium, Vitamins A and C, and the same dietary guidelines as the lunch for percent of calories of fat and saturated fat.

There are two different breakfasts to choose from daily. One is the cereal, toast, milk and fruit or fruit juice. The other consists of the choices advertised on the menus plus milk and fruit or fruit juice. Meals are priced as a unit; however, each item is available a la carte.



Children

should engage in at least 60 minutes of daily physical activity.

VEGETABLE OF THE MONTH

Broccoli is a dark green vegetable that is an excellent source of vitamins A and C. Broccoli is often part of the "crunchy veggie dippers." It's delicious cooked or raw, with a dip or cheese sauce, or by itself.



Family Physical Activity and Health Challenges

Grades	Physical Activity Challenges	Health Topics	Family Challenges
K-1st	*Practice log rolls going left and right *Practice balancing by walking forwards, backwards and sideways on various lines or narrow paths.	*How does stretching your muscles increase your flexibility? *Point to your Biceps, Abdominals, Pectorals, and Quadriceps.	*Walk or jog for 10-15 minutes and stretch your arms and leg muscles afterwards. *Find a picture of the muscular system and review all the major muscles together.
2nd-3rd	*Practice your jumping and landing tricks with control *Demonstrate moving in and out of different balanced position with control. *Practice rolling forward	*Identify your Biceps, Abdominals, Pectorals, Quadriceps, Triceps Hamstrings, Gastrocnemius, and Gluteus Maximus *Perform stretches for all of these muscles	*Walk or jog for 15-30 minutes then stretch the identified muscles. *Name the muscle you use as you do your chores such as washing dishes, laundry and vacuuming.
4th-5th	*Create a gymnastic routine that has jumping and landing, rolling and balancing.	*Name the major muscles that are used while participating in basketball, soccer, curl-ups, push-ups and jumping rope.	*Walk or jog for 15-30 minutes then stretch the identified muscles. *Create a jogging/stretching routine and set a goal to perform it 3-5 times a week.