



TRAVIS HEIGHTS ELEMENTARY NEWSLETTER

Vol 1: #7, March 2019 | Mrs. Navarro – Principal, Ms. De La Torre - AP

SCHOOL COMMUNITY & RELATIONAL TRUST

Our school operates on three rules: 1) be respectful, 2) be safe and 2) be kind. All of these require everyone—students, staff, and parents—to build strong relationships centered on trust. **Relational trust** is created through positive interpersonal social exchanges. Research has found that schools with a high level of relational trust positively affects student achievement in school communities and creates a safer environment for students to learn.

One important component in building strong relationships is respect. Respect between teachers, parents, staff, and students ensures that every member of our community feels empowered and that they have a voice in our school.

February provided an opportunity to see this in real life. At the PBL Showcase on February 7th, students presented the results of the various PBL units our teachers have created. Our community did a great job in showing respect to the students and teachers for the hard work they did, by asking questions regarding the topics presented. This helps increase student confidence and validate the hard work of our teachers.

Another important component to building strong relationships is collaboration. This year, we celebrated the 23rd Annual Young Writer's Workshop. Without the support of our parent coordinators and guest writers, we would not be able to extend this learning opportunity for our students. Students and staff were able to engage in this exciting classroom process, ensuring every student was able to successfully learn from this event!

The positive relationships developed in our school build trust and confidence. As our students continue to challenge themselves with new learning, these positive relationships will provide a safe learning space for them. Our world may be uncertain at times, but rest assured that we are working hard to create a safe and respectful place of learning for your child.

UPCOMING EVENTS!

3/8

Lower Grade Assembly
Shamrock Dance, 4-6pm

3/23

Thunderboard, 3:30pm

3/18-3/22

Spring Break – NO SCHOOL

3/25

Community Potluck, 5pm

3/29

Coffee Chat, 8am
Prime Time Ends

3/30

PTA Exec Board, 4pm

4/1-4/5

Scholastic Book Fair

4/2-4/3

Camp Champions - 5th grade

IMPORTANCE OF ATTENDANCE

We frequently remind parents about attendance and tardies, and for good reason. Students are more likely succeed at school when they come to school regularly. Being tardy or absent frequently negatively impacts a child's learning. Studies have shown poor attendance can lead to behavioral problems and higher dropout rates.

Additionally, every time a child is absent, the school loses an average of \$72 per day. For the month of February, we had 307 absences school wide, which amounted to a loss of over **\$22,000!** That's half a teacher's salary! When we lose funds, we lose the ability to fund the programs and materials that are essential school needs.

If your child is truly sick, please keep them home. Otherwise, please make every effort to get students to school on time at 7:40 every day. We want your child to succeed!

REGISTRATION FOR 2019-2020

Don't forget! Registration for next school year is now open! Currently, 52% of students are registered for next year - our goal is to have 100% by the end of March!

For each class that has 100% of students registered, they will win a special surprise! A note was sent in the Wednesday folder with detailed instructions on how to register online; if you need help or access to a computer, please stop by the front office!

CAMPUS SAFETY

Safety of staff and students remains one of our top priorities. Parents can help support us in this area by following the protocols as outlined by AISD and THES:

- All visitors during school hours must check into the office and get a visitor's badge. If you cannot show proper ID, you will not be allowed to visit.
- Each visitor must be buzzed in. Please do not open the doors for anyone else and do not allow anyone to "piggyback" with you when you come in.
- If you see or hear something suspicious, don't hesitate to report it to the front office.

We thank you in advance for your understanding. By enforcing these simple rules, we can keep our school community safe!



TRAVIS HEIGHTS ELEMENTARY BOLETIN

Vol 11: #7, marzo 2019 | Michelle Navarro – Directora, Dinorah De La Torre - AP

SCHOOL COMMUNITY & RELATIONAL TRUST

Nuestra escuela opera bajo dos reglas: 1) aprender y 2) estar seguro. Ambos requieren que todos -estudiantes, personal y padres- forjen relaciones sólidas centradas en la confianza. **La confianza relacional** se crea a través de intercambios sociales interpersonales positivos. La investigación ha encontrado que las escuelas con un alto nivel de confianza relacional afectan positivamente el rendimiento estudiantil en las comunidades escolares y crea un entorno más seguro para que los estudiantes aprendan.

Un componente importante en la construcción de relaciones sólidas es el respeto. El respeto entre los maestros, los padres, el personal y los estudiantes garantiza que todos los miembros de nuestra comunidad se sientan con poder y que tengan voz en nuestra escuela.

Febrero brindó la oportunidad de ver esto en la vida real. En la PBL Showcase el 7 de febrero, los estudiantes voluntarios presentaron los resultados de las diversas unidades de PBL que nuestros maestros han creado. Nuestra comunidad hizo un gran trabajo al mostrar respeto a los estudiantes y maestros por el arduo trabajo que hicieron al hacer preguntas sobre los temas presentados. Esto ayuda a aumentar la confianza del estudiante y valida el trabajo arduo de nuestros maestros.

Otro componente importante para construir relaciones sólidas es la colaboración. Este año, celebramos el 23º taller anual de jóvenes escritores. Sin el apoyo de nuestro coordinador de padres y escritores invitados, no podríamos extender esta oportunidad de aprendizaje para nuestros estudiantes. ¡Los estudiantes y el personal pudieron participar en este emocionante proceso de clase, asegurando que cada alumno pudiera aprender con éxito de este evento!

Las relaciones positivas desarrolladas en nuestra escuela crean confianza y confianza. A medida que nuestros alumnos continúan desafiándose a sí mismos con el nuevo aprendizaje, estas relaciones positivas les proporcionarán un espacio de aprendizaje seguro. Nuestro mundo puede ser incierto a veces, pero puede estar seguro de que estamos trabajando arduamente para crear un lugar de aprendizaje seguro y respetuoso para su hijo.



- 3/8**
Asamblea grados PK-2º
Baila de Shamrock, 4-6pm
- 3/14**
Thunderboard, 3:30pm
- 3/18-3/22**
Spring Break – NO HAY ESCUELA
- 3/25**
Community Potluck, 5pm
- 3/29**
Charla de Cafe, 8am
Última día de Prime Time
- 3/30**
PTA Exec Board, 4pm
- 4/1-4/5**
Feria de Libro Scholastic
- 4/2-4/3**
Camp Champions - 5th grade

IMPORTANCIA DE LA ASISTENCIA

Con frecuencia recordamos a los padres sobre asistencia y tardanzas, y por una buena razón. Es más probable que los estudiantes tengan éxito en la escuela cuando vienen a la escuela regularmente. Estar tarde o ausente con frecuencia afecta negativamente el aprendizaje de un niño. Los estudios han demostrado que una asistencia deficiente puede conducir a problemas de conducta y mayores tasas de deserción.

Además, cada vez que un niño está ausente, la escuela pierde un promedio de \$72 por día. Para el mes de febrero, tuvimos 307 ausencias en toda la escuela, lo que representó una pérdida de más de **\$22,000!** ¡Eso es la mitad del salario de un maestro! Cuando perdemos fondos, perdemos la capacidad de financiar los programas y materiales que son necesidades escolares esenciales.

Si su hijo está realmente enfermo, por favor guárdelo en casa. De lo contrario, haga todo lo posible para que los estudiantes lleguen a tiempo a la escuela a las 7:40 todos los días. ¡Queremos que su hijo tenga éxito!

REGISTRO PARA 2019-20

¡No lo olvides! La inscripción para el próximo año escolar está abierta! Actualmente, el 52% de los estudiantes están registrados para el próximo año. ¡Nuestra meta es tener el 100% a finales de marzo!

¡Por cada clase que tenga el 100% de estudiantes registrados, ganarán una sorpresa especial! Se envió una nota en la carpeta del miércoles con instrucciones detalladas sobre cómo registrarse en línea; Si necesita ayuda o acceso a una computadora, ipase por la oficina!

SEGURIDAD DEL CAMPUS

La seguridad del personal y los estudiantes sigue siendo una de nuestras principales prioridades. Los padres pueden ayudarnos en esta área siguiendo los protocolos establecidos por AISD y THES:

- Todos los visitantes durante el horario escolar deben registrarse en la oficina y obtener un gafete de visitante. Si no puede mostrar la identificación adecuada, no podrá visitarla.
- Se debe llamar a cada visitante. No abra las puertas para nadie y no permita que nadie se "acerque" cuando entre.
- Si ve o escucha algo sospechoso, no dude en informarlo a la oficina.

Le agradecemos de antemano su comprensión. ¡Al hacer cumplir estas reglas simples, podemos mantener nuestra comunidad escolar segura!

UPCOMING DATES & REMINDERS

Parents, please take note of the following dates and upcoming events!



SPRING BREAK – 3/18-22

Mark your calendars! AISD will be closed for Spring Break starting Monday, March 18 through Friday, March 22. We hope you all have a safe and wonderful holiday, and we will see you back on Monday, March 25!

PARENT SURVEY REMINDER

As we continue to strive for excellence in preparing students for academic success, we want parents to offer feedback by completing the AISD Parent Survey. Your opinions are important and help us to serve our students better!

Over the next few weeks, we ask that you please complete the survey. The survey will take just a few minutes. You can fill it out online at the link listed below:

https://austinisd.col.qualtrics.com/jfe/form/SV_2ib3GIAI2enjLk9

You can also complete the paper survey at school; please contact our PSS Ms. Perez for a paper copy. Thank you for your feedback!



DON'T FORGET! REGISTER FOR NEXT YEAR!



Enrollment for the 2019-2020 school year is now open! We are asking all parents to register their students online at my.austinisd.org. It is crucial that we have 100% registration completed by the end of March as it will affect our staffing and funding. If you have trouble with the online registration process, please call the AISD Parent Technology Helpline at 512-414-9187 between 7am-5 pm, M-F.

If you need access to a computer, we have laptops available for parents to use in the office. Please ask Ms. Gio or the PSS, Ms. Perez for help!

FECHAS IMPORTANTES Y RECORDATORIOS

Padres, ¡por favor tome nota de las siguientes fechas y eventos próximos!



SPRING BREAK – 3/18-22

¡Marque su calendario! AISD está cerrada por las vacaciones de primavera a partir del lunes 18 de marzo hasta el viernes 22 de marzo. ¡Esperamos que todos tengan unas vacaciones seguras y maravillosas, y nos vemos el lunes 25 de marzo!

RECORDATORIO DE LA ENCUESTA DE PADRES

A medida que continuamos luchando por la excelencia en la preparación de los estudiantes para el éxito académico, queremos que los padres ofrezcan comentarios al completar la Encuesta para padres de AISD. ¡Sus opiniones son importantes y nos ayudan a servir mejor a nuestros estudiantes!

Durante las próximas semanas, le pedimos que complete la encuesta. La encuesta tomará solo unos minutos. Puede completarlo en línea en el enlace que se detalla a continuación:

https://austinisd.co1.qualtrics.com/jfe/form/SV_2ib3GIAI2enjLk9

También puede completar la encuesta en papel en la escuela; por favor, póngase en contacto con nuestro PSS Sra. Perez para una copia en papel.



INSCRIBIRSE PARA EL PRÓXIMO AÑO ESCOLAR



¡La inscripción para el año escolar 2019-2020 ya está abierta! Les estamos pidiendo a todos los padres que registren a sus estudiantes en línea en my.austinisd.org. Es crucial que tengamos un 100% de registro completo para fines de marzo, ya que afectará nuestra administración de personal y fondos financieros. Si tiene problemas con el proceso de registro en línea, llame a la línea de ayuda de tecnología para padres de AISD al 512-414-9187 de 7:00 am a 5:00 pm, de lunes a viernes.

Si necesita acceso a una computadora, tenemos computadoras portátiles disponibles para que los padres las usen en la oficina. ¡Pídale ayuda a Gio o al PSS, Sra. Pérez!

Prime Time

Programa de verano

Padres. Regístrese
en línea en
my.austinisd.org
AISD K - 4º

Gratis

Espacio es limitado
Regístrese ahora

Austinisd.org/primetime

3 de junio - 27 de junio

K - 4º Grado 8:00 AM - 3:00 PM **Lunes - Jueves**

Actividades de Ciencia

Excursiones



Tecnología
Deportes
Artes

Lugares: Blazier, Dawson, Graham & Zavala Elementary

Prime Time

Summer Program



Parents sign up
on the Cloud
my.austinisd.org
AISD K - 4th

FREE

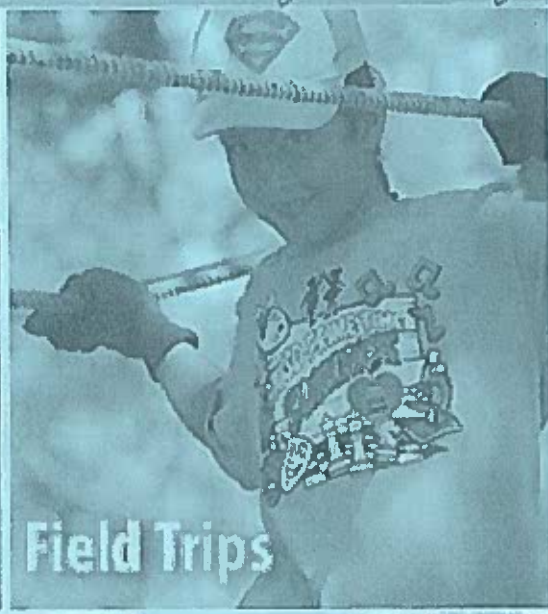
Space is limited
signup online today



Austinisd.org/primetime

June 3RD - 27TH

K - 4th Grade 8:00 AM - 3:00 PM Mondays - Thursdays



Technology
Sports
Arts



Locations: Blazier, Dawson, Graham & Zavala Elementary



Reading Skills Programs



Offered by Texas Christian University,
Office of Extended Education

Designed and taught by instructors
from the Institute of Reading
Development

OFFERED THIS SUMMER IN AUSTIN & ROUND ROCK

4-Year-Olds and Entering Kindergartners: In this fun summer program, your child will learn to read. Children learn letter recognition, beginning phonics, and easy sight words. Your child will learn to read simple words and short sentences and will be excited about books and reading.

Entering 1st Graders: In this fun summer program, your child will learn to read independently. Children learn phonics and sight words, build fluency and comprehension, and develop a love of books and reading. Your child will be excited about reading and get off to a great start in first grade.

Entering 2nd Graders: In this fun summer program, your child will become a fluent, confident reader. Children build solid phonics and word-attack skills and develop reading fluency and strong comprehension. Your child will gain confidence, be excited about books and reading, and get off to a great start in second grade.

Entering 3rd Graders: In this fun summer program, your child will become a strong, fluent reader. Children develop long-word decoding skills, reading fluency, and excellent comprehension. Your child will gain confidence, develop a lifelong love of books and reading, and get off to a great start in third grade.

Entering 4th Graders and Entering 5th Graders: In these fun and effective programs, your child will become a skilled, enthusiastic reader. Students develop strong comprehension skills in fiction, non-fiction, and textbooks. They build long-word decoding skills and learn to read more fluently and rapidly. Your child will complete homework more quickly and easily, be more successful in school, and develop a lifelong love of reading.

Entering 6th-8th Graders and Entering 9th-11th Graders: In these effective and enjoyable programs, your son or daughter will make substantial gains in comprehension and learn to read twice as fast. Students learn the best way to take notes, study for tests, and read fiction, non-fiction, and textbooks. Your student will complete homework more quickly and easily, get better grades, and enjoy reading more.

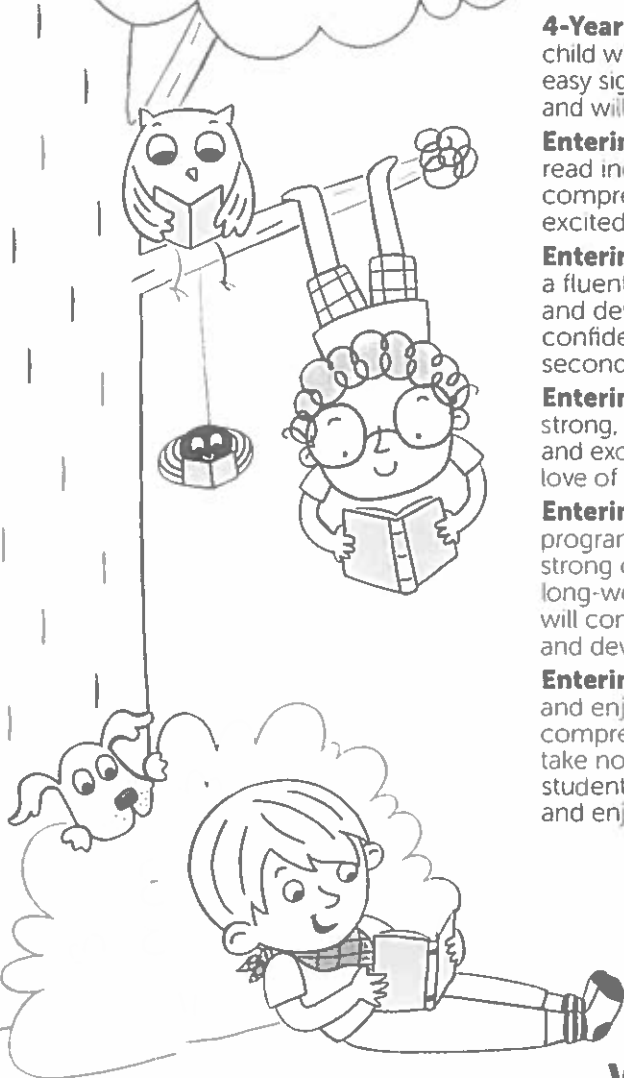
For More Information or to Register Call
(800) 903-0162

Mon.-Fri. 7am-9pm, Sat. 7am-6pm and Sun. 9am-5pm

Or Visit our Website at

www.tcu.readingprograms.org

Please see reverse side for class schedule



TEACHERS

These popular classes are designed and taught by instructors from the Institute of Reading Development.

"I would like to thank you for such a positive outcome with my son James. He learned skills that have translated into wonderful grades, and more importantly, have given him more confidence in his reading abilities. He has actually asked to go to the library to pick out a book!"

– Parent of 4th grader

CLASS SCHEDULE

All programs meet once each week. Tuition varies by program grade. Please ask about our family discount.

Choose the grade your child will enter in Fall 2019.

AUSTIN (SOUTH): St. Alban's Episcopal Church,
11819 South Interstate 35 Frontage Road.
4-year-old & K: Sat., June 15-July 13, 8:30am-9:30am
1st Grade: Sat., June 15-July 13, 10am-11:30am
2nd Grade: Sat., June 15-July 13, 12:30pm-2:15pm
3rd Grade: Fri., June 14-July 12, 9:15am-11am
4th Grade: Fri., June 14-July 12, 2:30pm-4:30pm
5th Grade: Fri., June 14-July 12, 11:30am-1:30pm
6th-8th Grades: Mon., June 10-July 8, 12:30pm-2:30pm
9th-11th Grades: Mon., June 10-July 8, 3pm-5pm
12th Grade & Adults: Several schedules available,
please call!



More reading programs are
scheduled at nearby locations.

AUSTIN: Temple Beth Shalom, 7300 Hart Lane.
4-year-old & K: Sun., July 21-Aug. 18, 9am-10am
1st Grade: Sun., July 21-Aug. 18, 10:30am-12pm
2nd Grade: Sun., July 21-Aug. 18, 1pm-2:45pm
3rd Grade: Sun., July 21-Aug. 18, 3:15pm-5pm
4th Grade: Tue., July 16-Aug. 13, 10:30am-12:30pm
5th Grade: Tue., July 16-Aug. 13, 1:30pm-3:30pm
6th-8th Grades: Tue., July 16-Aug. 13, 8am-10am
9th-11th Grades: Tue., July 16-Aug. 13, 4pm-6pm
12th Grade & Adults: Several schedules available,
please call!

ROUND ROCK: Concordia High School,
1500 Royston Lane.
4-year-old & K: Sat., July 20-Aug. 17, 8:30am-9:30am
1st Grade: Sat., July 20-Aug. 17, 10am-11:30am
2nd Grade: Sat., July 20-Aug. 17, 12:30pm-2:15pm
3rd Grade: Sat., July 20-Aug. 17, 2:45pm-4:30pm
4th Grade: Wed., July 17-Aug. 14, 2:30pm-4:30pm
5th Grade: Wed., July 17-Aug. 14, 11:30am-1:30pm
6th-8th Grades: Wed., July 17-Aug. 14, 9am-11am
9th-11th Grades: Thu., July 18-Aug. 15, 4pm-6pm
12th Grade & Adults: Thu., July 18-Aug. 15, 6:30pm-8:30pm

For More Information or to Register Call
(800) 903-0162

Mon.-Fri. 7am-9pm, Sat. 7am-6pm and Sun. 9am-5pm

Or Visit our Website at

www.tcu.readingprograms.org

**Inquire early!
Class size is limited.**

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

We need your feedback!

The annual AISD Nutrition & Food Services survey is now open.

Take the family survey here:
<https://tinyurl.com/2019AISDFamilySurvey>

Take the student/staff survey here:
<https://tinyurl.com/2019AISDStaffandStudentSurvey>

The information collected will be used to help create future menus to best accommodate the needs of our communities.



Download our mobile app to access all Food Service needs. Manage Student Meal Accounts and Make Pre-Payments

View Daily Menus, Nutritional Information and Allergens

Apply for Free or Reduced Price Meals

Austin ISD proudly supports our local farmers, dairy farmers and producers.

Farm Fresh Fridays:
Seasoned Carrots
Johnson's Backyard Garden
Austin, TX

1 CHICKEN TENDERS PK
FISH BURGER
ROASTED RED PEPPER HUMMUS PLATE V PK
SUNBUTTER & JELLY SANDWICH V
SOUTHERN SALAD*
WHOLE WHEAT DINNER ROLL PK
SEASONED CARROTS PK
BABY CARROT & CELERY DIPPERS
FROZEN FRUIT JUICE CUP - FRESH FRUIT PK
BIG & BREAKFAST:
WHOLE GRAIN BANANA PAN MUFFIN V
CHICKEN SAUSAGE

4 HAMBURGER
FISH MAC & CHEESE V PK
MAC & CHEESE V PK
SUNBUTTER & JELLY SANDWICH V
SOUTHWEST QUINOA SALAD*
SEASONED GREEN BEANS PK
BABY CARROT & CELERY DIPPERS
CHILLED BLUEBERRIES PK
FRESH FRUIT
BIG & BREAKFAST:
CHIA OATMEAL BAR STRAWBERRY V
BREAKFAST CHICKEN PATTY

5 CRISPY BEEF TACOS GF PK
CRISPY PINTO BEAN & VEGGIE TACOS V GF PK
SUNBUTTER & JELLY SANDWICH V
SOUTHWEST QUINOA SALAD*
VEGETARIAN PINTO BEANS PK
BABY CARROT & ZUCCHINI DIPPERS
SLICED PEACHES
FRESH FRUIT PK
BIG & BREAKFAST:
TURKEY SAUSAGE & CHEESE ON ENGLISH MUFFIN
VEGGIE SAUSAGE BISCUIT V

6 SPAGHETTI & MEATBALLS OR SPAGHETTI & MARINARA W/ MOZZARELLA CHEESE V
W/ WHOLE WHEAT BREADSTICK PK
SUNBUTTER & JELLY SANDWICH V
SOUTHWEST QUINOA SALAD*
SEASONED PEAS & CARROTS PK
BABY CARROT & CELERY DIPPERS
MIXED BERRY CUP - FRESH FRUIT PK
BIG & BREAKFAST:
STRAWBERRY SMOOTHIE W/ HOMEMADE GRANOLA V

7 TURKEY POT PIE PK
BEAN & CHEESE BURRITO V PK
SUNBUTTER & JELLY SANDWICH V
SOUTHWEST QUINOA SALAD*
ROASTED BROCCOLI PK
ROASTED GARLIC MASHED POTATOES
BABY CARROT & ZUCCHINI DIPPERS
PINEAPPLE CUP PK
FRESH FRUIT
BIG & BREAKFAST:
WAFFLE V
CHICKEN SAUSAGE LINK

8 PEPPERONI PIZZA PK
CHEESE PIZZA V PK
BAKED CATFISH
SUNBUTTER & JELLY SANDWICH V
SOUTHWEST QUINOA SALAD*
WHOLE WHEAT DINNER ROLL
SEASONED CARROTS PK
BABY CARROT & CELERY DIPPERS
FROZEN FRUIT JUICE CUP
FRESH FRUIT PK
BIG & BREAKFAST:
CHICKEN SAUSAGE KOLACHE

11 TURKEY HOT DOG**
PIZZA DIPPERS V
SUNBUTTER & JELLY SANDWICH V PK
VEGGIE PASTA SALAD*
SWEET POTATO FRIES
ROASTED BROCCOLI PK
BABY CARROT & CELERY DIPPERS
CHILLED BLUEBERRIES PK - FRESH FRUIT
BIG & BREAKFAST:
EGG, CHEESE & POTATO EMPANADA V

12 CHICKEN TENDERS
YOGURT PLATE WITH SUNBUTTER & JELLY SANDWICH V PK OR TURKEY & CHEESE SANDWICH PK
SUNBUTTER & JELLY SANDWICH V
VEGGIE PASTA SALAD*
WHOLE WHEAT DINNER ROLL
SAUTEED SPINACH
SEASONED POTATO WEDGES PK
BABY CARROT & ZUCCHINI DIPPERS
SLICED PEACHES - FRESH FRUIT PK
BIG & BREAKFAST:
CHICKEN BISCUIT OR VEGGIE SAUSAGE BISCUIT V

13 HAMBURGER PK
VEGGIE BURGER V PK
TOMATO FRITTATA V GF
SUNBUTTER & JELLY SANDWICH V
VEGGIE PASTA SALAD*
WHOLE WHEAT DINNER ROLL
SAUTEED SPINACH
SEASONED POTATO WEDGES PK
BABY CARROT & CELERY DIPPERS
MANDARIN ORANGES - FRESH FRUIT PK
BIG & BREAKFAST:
PEACH YOGURT PARFAIT W/ HOMEMADE GRANOLA V

14 CHICKEN BURGER PK
CHEESE ENCHILADAS V PK
W/ SPANISH RICE
SUNBUTTER & JELLY SANDWICH V
VEGGIE PASTA SALAD*
ZESTY BLACK BEANS PK
BABY CARROT & ZUCCHINI DIPPERS
APPLESAUCE PK
FRESH FRUIT
BIG & BREAKFAST:
FRENCH TOAST STICKS V
CHICKEN SAUSAGE LINK

15 PEPPERONI PIZZA PK
CHEESE PIZZA V PK
FISH BURGER
SUNBUTTER & JELLY SANDWICH V
VEGGIE PASTA SALAD*
SEASONED CARROTS PK
BABY CARROT & CELERY DIPPERS
FROZEN FRUIT JUICE CUP
FRESH FRUIT PK
BIG & BREAKFAST:
WHOLE GRAIN BANANA PAN MUFFIN V
CHICKEN SAUSAGE

SCHOOL BREAKFAST WEEK

MARCH 4 - 8

Level Up
with a Healthy School Breakfast

SquareMeals.org/SBW

AUSTIN ISD SCHOOL BREAKFAST FACTS

- 70 campuses provide free breakfast for all students (43 of these also offer free lunch).
- 52 campuses provide breakfast in the classroom.
- Menus feature many scratch-prepared recipes such as granola and kolaches.
- All sausage offered is now free from pork.
- Cereal is a daily entrée option, including two new choices: Organic Sprouted Oat Honey O's and Organic Cocoa Flakes.
- Fresh fruit is offered a minimum of three days per week, often featuring Texas-grown options.

25 TURKEY HOT DOG**
TOASTED CHEESE SANDWICH V PK
SUNBUTTER & JELLY SANDWICH V PK
SOUTHERN SALAD*
SEASONED POTATO WEDGES
SEASONED CORN PK
BABY CARROT & CELERY DIPPERS
CHILLED STRAWBERRIES PK - FRESH FRUIT
BIG & BREAKFAST:
EGG, CHEESE & POTATO EMPANADA V

26 CRISPY CHICKEN TACOS GF PK
YOGURT PLATE WITH SUNBUTTER & JELLY SANDWICH V PK OR TURKEY & CHEESE SANDWICH PK
SUNBUTTER & JELLY SANDWICH V
SOUTHERN SALAD*
SEASONED GREEN BEANS PK
BABY CARROT & ZUCCHINI DIPPERS
SLICED PEACHES - FRESH FRUIT PK
BIG & BREAKFAST:
CHICKEN BISCUIT OR VEGGIE SAUSAGE BISCUIT V

27 HAMBURGER PK
VEGGIE BURGER V PK
SUNBUTTER & JELLY SANDWICH V
SOUTHERN SALAD*
SAUTEED SPINACH
POTATO PUFFS PK
BABY CARROT & CELERY DIPPERS
PEACH CRISP
FRESH FRUIT PK
BIG & BREAKFAST:
PEACH YOGURT PARFAIT W/ HOMEMADE GRANOLA V

28 BEEF ENCHILADAS GF PK
W/ SPANISH RICE
CHEESE RAVIOLI PK
SUNBUTTER & JELLY SANDWICH V
SOUTHERN SALAD*
VEGETARIAN PINTO BEANS PK
BABY CARROT & ZUCCHINI DIPPERS
APPLESAUCE
FRESH FRUIT PK
BIG & BREAKFAST:
FRENCH TOAST STICKS V
CHICKEN SAUSAGE LINK

29 CHICKEN TENDERS PK
FISH BURGER
ROASTED RED PEPPER HUMMUS PLATE V PK
SUNBUTTER & JELLY SANDWICH V
SOUTHERN SALAD*
WHOLE WHEAT DINNER ROLL PK
SEASONED CARROTS PK
BABY CARROT & CELERY DIPPERS
FROZEN FRUIT JUICE CUP - FRESH FRUIT PK
BIG & BREAKFAST:
WHOLE GRAIN BANANA PAN MUFFIN V
CHICKEN SAUSAGE

CONTAINS FISH
 CONTAINS PORK
 VEGETARIAN
 VEGAN
 GLUTEN FREE
 TEXAS GROWN
 LOW FAT & FAT FREE MILK OFFERED DAILY AT BREAKFAST AND LUNCH
 PK NOTES PRE-K SET PLATE MENU ITEMS. CONFIRM WITH YOUR CAFE MANAGER & TOUR CAMPUS BEFORE A SET PLATE MENU.

FOLLOW US: @AUSTINISDFood www.austinisd.org/nutrition-food-services

*Salad bar features vegetarian, vegan and gluten free options. **SunButter & jelly sandwich offered as an alternative pre-k entrée on days when turkey hot dogs are served. Vegetarian sausage available upon request at breakfast. Menu is subject to change. Check www.schoolcafe.com for updated menus. This institution is an equal opportunity provider.

LUNES

¡Queremos su opinión!

Ya está disponible la encuesta anual de Servicios Alimentarios y de Nutrición del AISD.

Llene la encuesta familiar aquí:
<https://tinyurl.com/2019AISDFamilySurvey>

Llene la encuesta para estudiantes y personal aquí:
<https://tinyurl.com/2019AISDStaffandStudentSurvey>

La información recolectada se utilizará para crear menús en el futuro que satisfagan mejor las necesidades de nuestras comunidades.

MARTES

MIÉRCOLES



www.SchoolCafe.com
Descargue nuestra aplicación para móviles para acceder a todas las necesidades de servicio de comida.
Administre las cuentas de comida estudiantiles y haga prepagos.
Vea menús diarios, información nutricional y alérgenos.
Solicite comidas gratis o a precio reducido.

JUEVES

Austin ISD apoya orgullosamente a nuestros agricultores locales, productores y productores de leche.

Viernes de la Granja Fresca:

Zanahorias sazonadas
Johnson's Backyard Garden
Austin, TX

VIERNES

4 HAMBURGUESA
PESCADO CON MACARRÓN Y QUESO
MACARRÓN CON QUESO
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA DE QUINOA SUROESTE*
EJOTES SAZONADOS
TIRAS DE ZANAHORIAS Y APIO
ARÁNDANOS HELADOS
FRUTA FRESCA
BIC Y DESAYUNO:
BARRA CHIA DE AVEENA CON FRUTAS
CON HAMBURGUESA DE POLLO HORNEADO PARA DESAYUNO

5 TACOS CRUJIENTES DE RES
TACOS DE PINTOS Y TACOS VEGETARIANOS
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA DE QUINOA SUROESTE*
FRIJOLIS VEGETARIANOS
TIRAS DE ZANAHORIAS Y CALABACÍN
REBANADAS DE DURAZNOS
FRUTA FRESCA
BIC Y DESAYUNO:
PANECILLO INGLÉS CON CHORIZO DE PAVO Y QUESO O PANECILLO DE SALCHICHA VEGETARIANA

6 ESPAGUETIS CON ALBÓNDIGAS O ESPAGUETI CON SALSA Y QUESO
CON PANECILLO DE TRIGO
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA DE QUINOA SUROESTE*
CHICHAROS Y ZANAHORIAS SAZONADOS
TIRAS DE ZANAHORIAS Y APIO
TAZA DE BAYAS MIXTA - FRUTA FRESCA
BIC Y DESAYUNO:
BATIDO DE FRUTAS CON GRANOLA CASERA

7 PASTEL DE PAVO
BURRITO DE FRIJOLIS Y QUESO
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA DE QUINOA SUROESTE*
BRÓCOLI ASADO
PURÉ DE PAPAS
TIRAS DE ZANAHORIAS Y CALABACÍN
TAZA DE PIÑA - FRUTA FRESCA
BIC Y DESAYUNO:
WAFLES Y SALCHICHA DE POLLO

8 PIZZA DE PEPPERONI
PIZZA DE QUESO
BAGRE HORNEADO
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA DE QUINOA SUROESTE*
PANECILLO DE TRIGO INTEGRAL
ZANAHORIAS SAZONADAS
TIRAS DE ZANAHORIAS Y APIO
JUGO DE FRUTA CONGELADA
FRUTA FRESCA
BIC Y DESAYUNO:
KOLACHE DE POLLO

11 "HOT DOG" DE PAVO
TIRAS DE PIZZA
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA DE VERDURAS Y PASTA*
PAPAS FRITAS DE CAMOTE
BRÓCOLI ASADO
TIRAS DE ZANAHORIAS Y APIO
ARÁNDANOS HELADOS - FRUTA FRESCA
BIC Y DESAYUNO:
EMPANADA DE NUEVO, QUESO Y PAPA

12 TIRAS DE POLLO
PLATO DE YOGUR CON SÁNDWICH DE SUNBUTTER Y MERMELADA
SÁNDWICH DE PAVO Y QUESO
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA DE VERDURAS Y PASTA*
PANECILLO DE TRIGO INTEGRAL
EJOTES SAZONADOS
TIRAS DE ZANAHORIAS Y CALABACÍN
REBANADAS DE DURAZNOS - FRUTA FRESCA
BIC Y DESAYUNO:
PANECILLO DE POLLO O PANECILLO DE SALCHICHA VEGETARIANA

13 HAMBURGUESA
HAMBURGUESA VEGETARIANA
FRITATA DE Jitomate
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA DE VERDURAS Y PASTA*
PANECILLO DE TRIGO INTEGRAL
ESPINACA SALTEADA
PAPA EN GAJOS SAZONADA
TIRAS DE ZANAHORIAS Y APIO
MANDARINAS - FRUTA FRESCA
BIC Y DESAYUNO:
PARFAIT DE YOGURT DE DURAZNO CON GRANOLA CASERA

14 ENCHILADAS DE QUESO
CON GUISO DE ARROZ
HAMBURGUESA DE POLLO
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA DE VERDURAS Y PASTA*
FRIJOLIS NEGROS PICANTES
TIRAS DE ZANAHORIAS Y CALABACÍN
PURÉ DE MANZANA
FRUTA FRESCA
BIC Y DESAYUNO:
PALITOS DE PAN TOSTADO FRANCÉS Y SALCHICHA DE POLLO

15 PIZZA DE PEPPERONI
PIZZA DE QUESO
HAMBURGUESA DE HORNEADO
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA DE VERDURAS Y PASTA*
ZANAHORIAS SAZONADAS
TIRAS DE ZANAHORIAS Y APIO
JUGO DE FRUTA CONGELADA
FRUTA FRESCA
BIC Y DESAYUNO:
MANIBOLO DE PLATANO INTEGRAL Y HAMBURGUESA DE POLLO HORNEADO PARA DESAYUNO

Semana del Desayuno Escolar

MARZO 4-8

Sube de Nivel con un Desayuno Saludable

SquareMeals.org/SBW

Datos sobre el desayuno del Austin ISD
70 planteles ofrecen desayuno gratis para todos los estudiantes (43 de ellos también ofrecen almuerzo gratis).

52 planteles ofrecen desayuno gratis en el salón de clases.

Los menús contienen muchas recetas caseras, como granola y kolaches.

Ninguna de las salchichas que se ofrecen ahora contienen puerco.

El cereal es una opción diaria para el platillo principal, e incluye dos nuevas selecciones:

Sprouted Oat Honey O's orgánicos y hojuelas de cacao orgánicas.

Se ofrece fruta fresca al menos tres días a la semana, con frecuencia opciones cultivadas en Texas.

25 "HOT DOG" DE PAVO
SÁNDWICH DE QUESO TOSTADO
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA SUREÑO*
PAPA EN GAJOS SAZONADA
EJOTES SAZONADOS
TIRAS DE ZANAHORIAS Y APIO
FRUTAS HELADAS - FRUTA FRESCA
BIC Y DESAYUNO:
EMPANADA DE NUEVO, QUESO Y PAPA

26 TACOS CRUJIENTES DE POLLO
PLATO DE YOGUR CON SÁNDWICH DE SUNBUTTER Y MERMELADA
SÁNDWICH DE PAVO Y QUESO
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA SUREÑO*
EJOTES SAZONADOS
TIRAS DE ZANAHORIAS Y CALABACÍN
REBANADAS DE DURAZNOS - FRUTA FRESCA
BIC Y DESAYUNO:
PANECILLO DE POLLO O PANECILLO DE SALCHICHA VEGETARIANA

27 HAMBURGUESA
HAMBURGUESA VEGETARIANA
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA SUREÑO*
ESPINACA SALTEADA
TROCITOS DE PAPA
TIRAS DE ZANAHORIAS Y APIO
POSTRE DE DURAZNOS
FRUTA FRESCA
BIC Y DESAYUNO:
PARFAIT DE YOGURT DE DURAZNO CON GRANOLA CASERA

28 ENCHILADA DE RES
CON GUISO DE ARROZ
RAVIOLES CON QUESO
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA SUREÑO*
FRIJOLIS VEGETARIANOS
TIRAS DE ZANAHORIAS Y CALABACÍN
PURÉ DE MANZANA
FRUTA FRESCA
BIC Y DESAYUNO:
PALITOS DE PAN TOSTADO FRANCÉS Y SALCHICHA DE POLLO

29 TIRAS DE POLLO
HAMBURGUESA DE PESCADO
PLATO DE HUMMUS CON CHILE ROJO ASADO
SÁNDWICH DE SUNBUTTER Y MERMELADA
ENSALADA SUREÑO*
PANECILLO DE TRIGO INTEGRAL
ZANAHORIAS SAZONADAS
TIRAS DE ZANAHORIAS Y APIO
JUGO DE FRUTA CONGELADA
FRUTA FRESCA
BIC Y DESAYUNO:
MANIBOLO DE PLATANO INTEGRAL Y SALCHICHA DE POLLO



SÍGUENOS: @AUSTINISDFood www.austinisd.org/nutrition-food-services

*La barra de ensaladas ofrece opciones vegetarianas, veganas y sin gluten.

**El sándwich de SunButter y jalea es ofrecido como una opción alternativa para Pre-K en los días cuando los hot dogs de pavo se sirven.

Salchicha vegetariana disponible a solicitud en el desayuno.

El menú está sujeto a cambios. Vea www.schoolcafe.com para menús actualizados. Esta Institución es un proveedor de igualdad de oportunidades.

Extend-A-Care for Kids

Campamento de Verano

- ♦ Natación
- ♦ Excursiones
- ♦ Clubs
- ♦ Deportes
- ♦ STEM
- ♦ Lectura
- ♦ Arte

Somos el lugar donde sus niños pueden mantenerse activos y ocupados aprendiendo nuevas actividades mientras se desenvuelven socialmente y forman nuevas amistades.

- **Actividades:** Temas semanales llenos de actividades y lectura. El tema de este verano es "Verano de Encanto!";
 - Más de 15 clubs que incluyen fotografía, creación de videos, robótica con LEGO, y muchos más.
 - Zonas de Espacios Maker: Estas zonas de aprendizaje autodirigido, incluyen actividades para crear código, crear música utilizando equipo de Makey Makey, participar en retos STEM y crear cosas únicas a través de la exploración.
- **Aventuras:** Excursiones semanales, tiempo para nadar semanales, y programas deportivos por las mañanas.
- **Costo*:** \$190 por semana; *Ayuda financiera disponible para las familias que califiquen;
- **Horarios**:** 7:15 a.m.- 6:30 p.m.; **Elm Grove y Tobias abren a las 7:00 am

Ahorros

- Regístrese antes del 15 de marzo y recibirá un crédito de \$40 en su primer recibo de verano.
- Reciba un descuento de \$10 por cada sesión que pague por completo antes del 20 de abril.

Para información en español
llame al
(512) 472-9402
www.eackids.org

¿Preguntas? help@eackids.org

Escuelas participantes:

- Austin Achieve 78723
- Barton Hills 78704
- Baty 78741
- Bryker Woods 78703
- Cunningham 78745
- Dawson 78704
- Elm Grove 78610
- Joslin 78745
- Palm 78744
- Tobias 78640
- Travis Heights 78704

Extend-A-Care for Kids

Summer Camp

- ♦ Swim Trips
- ♦ Field Trips
- ♦ Clubs
- ♦ Sports
- ♦ STEM
- ♦ Literacy
- ♦ Creative Arts
- ♦ Social Emotional Learning

The Summer Day Camp that focuses on the whole child experience! Our environment allows children to have positive social experiences through enrichment activities that promote social emotional learning, voice and choice, creativity, physical activities and others.

- ♦ **Enrichment:** "Enchanted Summer" theme will inspire a variety of activities and literature this summer;
 - **Leadership:** Various clubs, project-based learning, and LEGO challenges
 - **Makerspace Zones:** Coding, creating music with Makey Makey equipment, and participating in STEM challenges;
- ♦ **Field Trips:** Swim and Field Trips each week (starting Session 2);
- ♦ **Cost*:** \$190 per week; *Financial Assistance for Qualifying Families; and
- ♦ **Hours**:** 7:15 a.m.-6:30 p.m.; **7:00 a.m. open for Elm Grove & Tobias

Savings Alert!

- Register by March 15th and receive a \$40 credit to your first summer bill.
- Pay your summer sessions by April 20th and receive a \$10 discount for up to 10 sessions.

Register at
www.eackids.org

Questions? Email us at help@eackids.org

Summer Camp Locations:

- Austin Achieve 78723
- Barton Hills 78704
- Baty 78741
- Bryker Woods 78703
- Cunningham 78745
- Dawson 78704
- Elm Grove 78610
- Joslin 78745
- Palm 78744
- Tobias 78640
- Travis Heights 78704