




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Chicken Tenders Burrito Seasoned Green Beans Crunchy Veggie Dippers Pineapple Cup Fresh Fruit Whole Wheat Roll Cheese Toast	3 Pizza Yogurt Plate Whole Kernel Corn Crunchy Veggie Dippers Tossed Salad Rosy Applesauce Fresh Fruit Pancakes	4 Hamburger Sweet & Sour Chicken over Rice w/Fortune Cookie California Mixed Vegetables Oven Baked Fries Hamburger Fixings Strawberry Cup Fresh Fruit Scrambled Eggs & Biscuit	5 Enchilada Hot Dog* Seasoned Pinto Beans Seasoned Spinach Crunchy Veggie Dippers Peach Cup Fresh Fruit Cornbread Cinnamon Tst. & Sausage*	6 Spaghetti with Meatsauce Yogurt Plate Seasoned Carrots Tossed Salad Chilled Fruit Cocktail Fresh Fruit Garlic Toast Chicken Biscuit
9 Nutritional information is available online!!! www.austinisd.org/schools/menus	10 Chicken Tenders Deli Turkey Sandwich Steamed Broccoli Crunchy Veggie Dippers Sandwich Fixings Blushing Pears Fresh Fruit Whole Wheat Breadstick Mini Loaf & Sausage Link	11 Tamales Toasted Cheese Sandwich Seasoned Pinto Beans Seasoned Spinach Tossed Salad Cinnamon Apples Fresh Fruit Crackers Biscuit & Sausage*	12 Chicken Burger Yogurt Plate Oven Baked Fries Crunchy Veggie Dippers Sandwich Fixings Chilled Fruit Cocktail Fresh Fruit French Toast Sticks	13 Chicken Fajita Taco Turkey Dog Bites Seasoned Green Beans Crunchy Veggie Dippers Taco Fixings Peach Cup Fresh Fruit Breakfast Taco
16 Pizza Yogurt Plate Corn Cobbette Crunchy Veggie Dippers Tossed Salad Rosy Applesauce Fresh Fruit Cheese Toast	17 Spaghetti w/Meatballs Burrito Seasoned Spinach Crunchy Veggie Dippers Blushing Pears Fresh Fruit Garlic Toast Pancakes	18 Chicken Tenders Yogurt Plate Seasoned Mixed Vegetables Tossed Salad Pineapple Cup Fresh Fruit Whole Wheat Roll Scrambled Eggs & Biscuit	19 Turkey and Dressing Steak Sticks Seasoned Green Beans Sweet Potatoes Tossed Salad Peaches & Strawberries Fresh Fruit Whole Wheat Roll THANKSGIVING MEAL Texas Star Bread & Sausage*	20 Hamburger Fish Burger Oven Baked Fries Crunchy Veggie Dippers Sandwich Fixings Chilled Fruit Cocktail Fresh Fruit Chicken Biscuit
23 Hot Dog Yogurt Plate Vegetarian Beans California Mixed Vegetables Chilled Fruit Cocktail Strawberries Waffles	24 Pizza Dippers w/ Italian Sauce Steak Sticks Seasoned Green Beans Mashed Potatoes Frozen Fruit Juice Bar Peach Cup Whole Wheat Roll Mini Loaf & Sausage Link	LUNCH Lunch menus are designed to meet one-third of the Recommended Dietary Allowances (RDA) for calories, protein, iron, calcium, Vitamins A and C. Additionally the menus are analyzed to ensure that a complete week of menus does not exceed 30 % of calories from fat or 10 % of calories from saturated fat. Sodium, cholesterol and fiber are monitored as well. Lunch consists of an entrée, two selections of fruit, vegetable or salad, bread which may be part of the entrée and a choice of milk. Students may select all five components or may take three components for a full meal. Meals are priced as a unit; however, each item is available a la carte.		
30 Pizza Yogurt Plate Corn Cobbette Seasoned Spinach Rosy Applesauce Strawberries Pancakes	 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.			

Milk is offered with every meal. Milk choices are 1% unflavored, chocolate and unflavored 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. ***Hot dogs and Sausage Patties are made with turkey.** Menus are subject to change without notice.



FRUIT OF THE MONTH

Tomatoes are members of the fruit family, but they are served and prepared as a vegetable.

COURAGE
 Take a stand on what you think is right, even though it might be hard or unpopular.

COME "EAT SMART" WITH US

A.I.S.D. participates in the Eat Smart program of the Coordinated Approach to Child Health (CATCH). A.I.S.D. school menus meet the standards of CATCH providing students the opportunity to select mostly "GO" foods, some "SLOW" foods and only rarely a "WHOA" food. Entrees are specially purchased and prepared as lower fat versions of student favorites. Vegetables are seasoned without butter or margarine. The French Fries have never been fried and only contain 1.5 gm of fat. Fresh fruit is available daily for breakfast and lunch. Sandwich bread, hamburger buns, rolls and breadsticks are made with whole wheat. Milk is offered in the lowest fat varieties of skim and 1%.

Family Health & Fitness Fun				
Health/Fitness Discussions	Muscular Strength Exercises	Family Physical Activity	Cardio Exercises	CATCH Activity
Identify tobacco products that produce second hand smoke.	Use a can of vegetables from your house and pretend they are weights. How many arm curls can you do?	Dribble a ball 20 times with each hand, Try alternating hands.	Jump alternating landing with feet apart and feet together 20 times.	Teach a parent about the differences between "Go, Slow, and Whoa" foods.
Explain 3 negative effects that smoking has on your body.	Pretend you are sitting in chair. How long can you hold that position?	Find a friend or family member and have a race while dribbling a ball.	Jump forward and backward across a line. Now jump side to side across the same line.	Sit on the floor and stretch while watching TV at home.
Practice with a friend saying "NO" to tobacco.	Fill a pillowcase or other bag with heavy towels and play toss with a family member.	Wad a piece of paper into a ball and attempt to toss it in a trashcan from 10 feet away.	Jog in place for 5 minutes. Can you do it without stopping?	Put potato chips and pretzels on napkins. After 15 minutes see which napkin showed more grease.
Discuss how old you must be to legally use tobacco products.	How long can you hold your body in the push-up position? Challenge a friend.	Dribble a ball as you move forward and backwards.	Find a friend or family member and skip, hop, gallop, and slide for 2 minutes each.	Try a new vegetable that you have never tried to eat before.