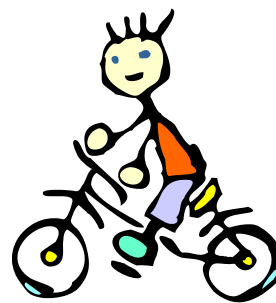




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Nutritional information is available online!!!</p> <p>www.austinisd.org/schools/menus</p>	<p>Visit the new Choose My Plate website www.choosemyplate.gov/</p>	<p>1</p> <p>Chicken Burger Asian Beef over Brown Rice Pacific Vegetables Roasted Potato Wedges Garden Salad Pineapple Cup Fresh Fruit</p> <p>Breakfast Taco</p>	<p>2</p> <p>Pizza Dippers Yogurt Plate (yogurt & half sandwich) Seasoned Green Beans Crunchy Veggie Dippers Applesauce Fresh Fruit</p> <p>Texas Star Bread & Sausage</p>	<p>3</p> <p>Fish Macaroni and Cheese Roasted Chicken Sweet Potatoes Caribbean Blend Vegetables Garden Salad Fresh Fruit Whole Wheat Breadstick</p> <p>Chicken Biscuit</p>
<p>6</p> <p>Pizza Chicken Salad Sandwich Carrots and Edamame Crunchy Veggie Dippers Pear Cup Fresh Fruit</p> <p>Biscuit & Sausage</p>	<p>7</p> <p>Hamburger Garden Burger Yogurt Plate (yogurt & half sandwich) Roasted Potato Wedges Crunchy Veggie Dippers Garden Salad Fresh Fruit</p> <p>French Toast Sticks</p>	<p>8</p> <p>Chicken Tenders Meatloaf Mashed Potatoes Seasoned Carrots Strawberry Cup Fresh Fruit Whole Wheat Roll</p> <p>Mini-Loaf & Sausage Link</p>	<p>9</p> <p>Soft or Crispy Taco Turkey & Cheese Melt Seasoned Pinto Beans Garden Salad Chilled Fruit Cocktail Fresh Fruit</p> <p>Cinnamon Oatmeal</p>	<p>10</p> <p>Steak Sticks Chef Salad Steamed Broccoli Crunchy Veggie Dippers Fresh Fruit Whole Wheat Breadstick</p> <p>Scrambled Eggs & Biscuit</p>
<p>13</p> <p>Bean & Cheese Burrito Chicken Burger Seasoned Mixed Vegetables Roasted Potato Wedges Garden Salad Pineapple Cup Fresh Fruit</p> <p>Pancakes</p>	<p>14</p> <p>Spaghetti w/Meatballs Yogurt Plate (yogurt & half sandwich) Riviera Vegetables Crunchy Veggie Dippers Peach Cup Fresh Fruit Whole Wheat Garlic Toast</p> <p>Breakfast Taco</p>	<p>15</p> <p>Philly Cheese Steak on Bun Toasted Cheese Sandwich Steamed Spinach Sweet Potato Fries Crunchy Veggie Dippers Fresh Fruit</p> <p>Biscuit & Sausage</p>	<p>16</p> <p>Enchilada Roasted Chicken Seasoned Pinto Beans Crunchy Veggie Dippers Applesauce Fresh Fruit Whole Grain Cornbread</p> <p>Texas Star Bread & Sausage</p>	<p>17</p> <p>Chicken Fajita Stuffed Spud Steamed Broccoli Carrots and Edamame Garden Salad Fresh Fruit Whole Wheat Breadstick</p> <p>Chicken Biscuit</p>
<p>20</p> <p>Hamburger Garden Burger Yogurt Plate (yogurt & half sandwich) Roasted Potato Wedges Crunchy Veggie Dippers Garden Salad Fresh Fruit</p> <p>Biscuit & Sausage</p>	<p>21</p> <p>Pizza Tuna Salad Sandwich Seasoned Corn Steamed Broccoli Crunchy Veggie Dippers Fresh Fruit</p> <p>French Toast Sticks</p>	<p>22</p> <p>Spaghetti and Meatsauce Bean & Cheese Burrito Steamed Spinach Garden Salad Peach Cup Fresh Fruit Whole Wheat Garlic Toast</p> <p>Yogurt Parfait</p>	<p>23</p> <p>Taco Salad Chicken Tenders Riviera Blend Vegetables Seasoned Pinto Beans Crunchy Veggie Dippers Pear Cup Fresh Fruit Whole Wheat Roll</p> <p>Scrambled Eggs & Biscuit</p>	<p>24</p> <p>Turkey over Rice Steak Sticks Peas and Carrots Crunchy Veggie Dippers Strawberry Cup Fresh Fruit Whole Wheat Roll</p> <p>Waffles</p>
<p>27</p>	<p>28</p> <p>Tamales Toasted Cheese Sandwich Seasoned Pinto Beans Crunchy Veggie Dippers Fresh Fruit Whole Grain Cornbread</p> <p>Biscuit & Sausage</p>	<p>29</p> <p>Fish Macaroni and Cheese Manager's Choice Sweet Potatoes Garden Salad Fresh Fruit</p> <p>Manager's Choice</p>	<p>30</p> <p>Chicken Burger Manager's Choice Steamed Spinach Roasted Potato Wedges Garden Salad Fresh Fruit</p> <p>Manager's Choice</p>	<p>31</p> <p>Manager's Choice</p> <p>NEXT MONDAY, TUESDAY & WEDNESDAY Breakfast and Lunch will be served. Menus will be Manager's Choice.</p> <p>Manager's Choice</p>

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.



FRUIT OF THE MONTH

Peaches contain vitamin A, B vitamins, folic acid, vitamin C, calcium, fiber, potassium and a little zinc.

Summer Goals	
Let's Get Active!	Let's Eat & Drink Healthy!
<ul style="list-style-type: none"> *Keep the TV turned off at meal times. *Limit screen time (TV, video games, computer, etc.) to one hour a day. *Walk together 30 minutes a day at least three times a week. *Park the car a bit farther away so we can walk more. *Walk or ride our bikes on short trips instead of taking the car at least once during the week. 	<ul style="list-style-type: none"> *Eat a family meal at home together at least two or three times a week. *Eat a fruit or vegetable at every meal. *Limit eating at fast food restaurants to once a week or less. *Read Nutrition Facts food labels and don't buy foods made with saturated and trans fats. *Drink water more often than sugary drinks.