

December 2021/January 2022 - *Elementary Breakfast & Lunch Menu

Monday

29

French Toast Sticks or Pancakes
 ☑
 or Cereal ☑

Turkey Hot Dog

Grilled Cheese Sandwich

BBQ Baked Beans
 Sweet Potato Fries
 Diced Peaches
 Chilled Strawberries

6

Chia Bar ☑☑
 with Whole Grain Baked Chicken
 or Cereal ☑

Macaroni & Cheese with Baked Fish Fillet

Macaroni & Cheese ☑

Asian Salad

with Chicken or Edamame ☑
 BBQ Baked Beans
 Baby Carrot & Celery Dippers
 Diced Peaches • Apples

13

Whole Grain Bagel ☑
 with Turkey Sausage Patty
 or Cereal ☑

Grilled Cheese Sandwich

Chicken Burger

Fiesta Salad
 with Chicken or Black Beans ☑
 Seasoned Baby Carrots
 Cucumber & Cherry Tomato Dippers
 Raisins • Apples

Families can use the community resources below to find free meals in their area while AISD offices and schools are closed for the holiday break:

Central Texas Food Bank:
www.centraltexasfoodbank.org

United Way for Greater Austin:
www.connectatx.org

Texas Health and Human Services:
 Call 2-1-1 or (877) 541-7905 to speak to a live operator.

10

Whole Grain Bagel ☑
 with Turkey Sausage Patty
 or Cereal ☑

Chicken Potstickers

with Whole Grain Fried Rice

Vegetarian Fried Rice ☑☑

with Edamame
Fiesta Salad
 with Chicken or Black Beans ☑
 Honey Ginger Carrots
 Cucumber & Cherry Tomato Dippers
 Raisins • Apples

Tuesday

30

Whole Grain Bagel ☑
 with Turkey Sausage Patty
 or Cereal ☑

Cheese Pizza

Turkey Pepperoni Pizza

Seasoned Baby Carrots
 Cucumber & Cherry Tomato Dippers
 Raisins
 Bananas

7

Turkey Sausage, Egg & Cheese
 Bagel Sandwich
 or Cereal ☑

Crispy Tacos

Choice of Beef ☑
 or Black Bean & Veggie
 ☑☑

Asian Salad

with Chicken or Edamame ☑
 Vegetarian Pinto Beans
 Baby Carrot & Celery Dippers
 Chilled Strawberries • Bananas

14

Egg & Cheese Biscuit
 ☑
 or Cereal ☑

Chicken Soft Tacos

Bean & Cheese Burrito ☑

Fiesta Salad
 with Chicken or Black Beans ☑
 Zesty Black Beans
 Cucumber & Cherry Tomato Dippers
 Grapes • Bananas

11

Egg & Cheese Biscuit
 ☑
 or Cereal ☑

Chicken Soft Tacos

Bean & Cheese Burrito ☑

Fiesta Salad
 with Chicken or Black Beans ☑
 Zesty Black Beans
 Cucumber & Cherry Tomato Dippers
 Grapes • Bananas

Wednesday

1

Whole Wheat Pancakes
 with Veggie Sausage Link ☑
 or Cereal ☑

Hamburger

Veggie Burger ☑

Chef Salad
 with Turkey or Beans ☑
 Seasoned Potato Wedges
 Fresh Sautéed Spinach
 Cucumber & Cherry Tomato Dippers
 Chilled Blueberries • Oranges

8

French Toast Sticks or Pancakes
 ☑
 or Cereal ☑

Spaghetti with Organic Chicken Meatballs ☑

Spaghetti with Marinara Sauce & Cheese ☑

Asian Salad
 with Chicken or Edamame ☑
 Garlic Toast
 Fresh Roasted Zucchini & Squash
 Baby Carrot & Celery Dippers
 Blueberry Crisp • Oranges

15

Whole Wheat Pancakes
 with Veggie Sausage Link ☑
 or Cereal ☑

Hamburger

Veggie Burger ☑

Fiesta Salad
 with Chicken or Black Beans ☑
 Roasted Butternut Squash
 Potato Puffs
 Cucumber & Cherry Tomato Dippers
 Fresh Pineapple • Apples

5

French Toast Sticks or Pancakes
 ☑
 or Cereal ☑

Cheese Pizza

Turkey Pepperoni Pizza

Seasoned Corn
 Sweet Potato Fries
 Chilled Strawberries
 Diced Peaches

12

Whole Wheat Pancakes
 with Veggie Sausage Link ☑
 or Cereal ☑

Hamburger

Veggie Burger

Fiesta Salad
 with Chicken or Black Beans ☑
 Potato Puffs
 Roasted Butternut Squash
 Cucumber & Cherry Tomato Dippers
 Fresh Pineapple • Apples

Thursday

2

Chia Bar ☑☑
 with Strawberry Yogurt Cup ☑
 or Cereal ☑

Chicken Enchiladas ☑

Bean & Cheese Burrito ☑

Chef Salad
 with Turkey or Beans ☑
 Seasoned Corn
 Cucumber & Cherry Tomato Dippers
 Watermelon • Apples

9

Potato, Egg, & Cheese Taco
 ☑
 or Cereal ☑

Beef Tamale ☑☑

Bean & Cheese Tamale

Tamales served over Spanish rice.

Asian Salad
 with Chicken or Edamame ☑
 Seasoned Corn
 Broccoli & Cauliflower Dippers
 Honeydew Melon • Apples

16

Chia Oatmeal Bar ☑☑
 with Strawberry Yogurt Cup ☑
 or Cereal ☑

Cuban Chicken Bowl

Pizza Dippers ☑

Fiesta Salad
 with Chicken or Black Beans ☑
 Seasoned Corn
 Broccoli & Carrot Dippers
 Oranges • Mango

6

Chia Oatmeal Bar ☑☑
 with Strawberry Yogurt Cup ☑
 or Cereal ☑

Beef Tamale ☑☑

Bean & Cheese Tamale

Tamales served over Spanish rice.
 Zesty Black Beans
 Baby Carrot & Broccoli Dippers
 Oranges
 Apples

13

Chia Oatmeal Bar ☑☑
 with Strawberry Yogurt Cup ☑
 or Cereal ☑

Cuban Chicken Bowl

Pizza Dippers

Fiesta Salad
 with Chicken or Black Beans ☑
 Seasoned Corn
 Broccoli & Carrot Dippers
 Mango • Oranges

Friday

3

Whole Grain Muffin
 ☑☑
 or Cereal ☑

Baked Alfredo Garden Pasta ☑

Chicken Tenders

with a Whole Wheat Dinner Roll ☑
Chef Salad
 with Turkey or Beans ☑
 Roasted Butternut Squash
 Cucumber & Cherry Tomato Dippers
 Mango • Pears

10

Whole Grain Muffin
 ☑☑
 or Cereal ☑

Cheese Pizza ☑

Turkey Pepperoni Pizza

Asian Salad
 with Chicken or Edamame ☑
 Baked Sweet Potatoes
 Broccoli & Cauliflower Dippers
 Chilled Blueberries • Pears

17

Whole Grain Muffin
 ☑☑
 or Cereal ☑

Chicken Bites

Fish Tacos

Fiesta Salad
 with Chicken or Black Beans ☑
 Sweet Potato Fries
 Broccoli & Carrot Dippers
 Chilled Strawberries • Pears

7

Whole Grain Muffin
 ☑☑
 or Cereal ☑

Chicken Bites

Lentil Chili Frito Pie

Seasoned Potato Wedges
 Baby Carrot & Broccoli Dippers
 Chilled Blueberries • Pears

14

Whole Grain Muffin
 ☑☑
 or Cereal ☑

Fish Tacos

Chicken Bites

with a Whole Wheat Dinner Roll ☑
Fiesta Salad
 with Chicken or Black Beans ☑
 Sweet Potato Fries
 Broccoli & Carrot Dippers
 Chilled Strawberries • Pears