



Reminder

All students at our school receive **FREE** breakfast and lunch without any application, documentation, or registration.

Season of Giving

Donate to Austin ISD Student Meal Accounts in Need

At AISD, we provide all students with healthy, tasty meals, regardless of their account status or ability to pay. Students unable to pay are not identified in any way and may select the menued foods of their choice as their courtesy meal.

Community donations help pay off negative account balances, offsetting the cost of meals for students who do not qualify for free or reduced-price meals.



<https://bit.ly/DonateAISD>

Download our mobile app to access all your school meal needs!

schoolcafé
www.SchoolCafe.com/AustinISD



View Daily Menus,
Nutritional Information,
and Allergens

Menu Notes



We offer low fat and fat free milk daily at breakfast and lunch. K-12 students are not required to take milk.



Per federal guidelines, **Pre-K students** receive a set plate of vegetables, fruit, 1% unflavored milk, and choice of entree. Contact your school's café manager for dietary questions.

Vegetarian Vegan GF Gluten Free Contains Local Ingredients

Menus are subject to change.
Austin ISD is an equal opportunity provider.

December 2025 - Uphaus Early Childhood Center Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 French Toast Sticks or Cereal + Fruit & Milk Pepperoni Pizza Cheese Pizza Pretty Peas Mango	2 Snack'n Waffle or Cereal + Fruit & Milk Crispy Beef Tacos Tex-Mex Pizza Zesty Black Beans Bananas	3 Turkey Sausage Biscuit or Cereal + Fruit & Milk BBQ Drumstick with Biscuit Rebelyous Kickin' Tenders with Biscuit Simple Succotash Applesauce	4 Whole Wheat Pancakes or Cereal + Fruit & Milk Orange Chicken with Fried Rice Edamame with Fried Rice Garlic Green Beans Oranges	5 Turkey Sausage Kolache or Cereal + Fruit & Milk Chicken Bites Lentil Chili Frito Pie with Homemade Cornbread Baked Sweet Potatoes Apples Goldfish Crackers
8 Chicken Biscuit or Cereal + Fruit & Milk Chicken Burger Grilled Cheese Sandwich Roasted Cauliflower Apples	9 Blueberry Snack'n Waffle or Cereal + Fruit & Milk Hamburger Veggie Burger Curly Fries Bananas	10 Turkey Sausage & Cheese Bagel or Cereal + Fruit & Milk Penne Alfredo SunButter & Jelly Sandwich Fresh Steamed Broccoli Oranges	11 French Toast Sticks or Cereal + Fruit & Milk Chicken Tamale with Spanish Rice Cheese Quesadilla Zesty Black Beans Applesauce	12 Bean & Cheese Taco or Cereal + Fruit & Milk Pepperoni Pizza Cheese Pizza Seasoned Green Beans Chilled Blueberries
15 Eggo Pancakes or Cereal + Fruit & Milk BBQ Drumstick with Biscuit BBQ Rebelyous Kickin' Tenders with Biscuit Simple Succotash Mango	16 Muffin or Cereal + Fruit & Milk Turkey & Cheese Sandwich with Yogurt SunButter & Jelly Sandwich Sweet Potato Fries Sliced Peaches	17 Chicken Biscuit or Cereal + Fruit & Milk Pancakes with Turkey Sausage Strawberry Yogurt Parfait Tater Tots Chilled Blueberries	18 French Toast Sticks or Cereal + Fruit & Milk Chicken Alfredo Flatbread Pizza Dippers with Marinara Seasoned Green Beans Fresh Pineapple	19 Turkey Sausage, Egg & Cheese Taco or Cereal + Fruit & Milk Chicken Tenders Bean & Cheese Pupusa with Curtido (Salvadoran-style slaw) Ripe Plantain Slices Oranges

Winter Menu

Our winter menu cycle begins on **December 8**, bringing new options and more variety for Austin ISD students.



January 2026



Families can use the community resources below to find free food in their area during the winter 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.

6	7	8	9
Blueberry Snack'n Waffle or Cereal + Fruit & Milk Hamburger Veggie Burger Curly Fries Bananas	Turkey Sausage & Cheese Bagel or Cereal + Fruit & Milk Penne Alfredo SunButter & Jelly Sandwich Fresh Steamed Broccoli Oranges	French Toast Sticks or Cereal + Fruit & Milk Chicken Tamale with Spanish Rice Cheese Quesadilla Zesty Black Beans Applesauce	Bean & Cheese Taco or Cereal + Fruit & Milk Pepperoni Pizza Cheese Pizza Seasoned Green Beans Chilled Blueberries