

Reminder

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

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

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.



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

November 2025 - Uphaus Early Childhood Center Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 French Toast Sticks ✓ or Cereal ✓GF + Fruit & Milk Chicken Burger ✓ ***** Cheesy Baked Potato with Garlic Bread ✓GF✓ Fresh Steamed Broccoli Mango	4 Election Day No School - Student Holiday  Follow us on Social Media @AustinISDFood 	5 Turkey Sausage Biscuit or Cereal ✓GF + Fruit & Milk BBQ Drumstick GF with Biscuit ***** Rebelyous Kickin' Tenders with Biscuit ✓ Simple Succotash Applesauce	6 Whole Wheat Pancakes ✓ or Cereal ✓GF + Fruit & Milk Orange Chicken with Fried Rice ***** Edamame with Fried Rice ✓GF Garlic Green Beans Oranges ✓	7 Turkey Sausage Kolache or Cereal ✓GF + Fruit & Milk Chicken Bites ***** Lentil Chili Frito Pie ✓GF with Homemade Cornbread Baked Sweet Potatoes ✓ Apples ✓  Goldfish Crackers
10 Chicken Biscuit or Cereal ✓GF + Fruit & Milk Chicken Burger ✓ ***** Grilled Cheese Sandwich ✓ BBQ Baked Beans Apples ✓	11 French Toast Sticks ✓ or Cereal ✓GF + Fruit & Milk Hamburger ✓ ***** Veggie Burger ✓ Tater Tots Bananas	12 Egg & Cheese Bagel ✓ or Cereal ✓GF + Fruit & Milk Penne with Beef Meat Sauce ***** Penne with Marinara and Mozzarella ✓ Fresh Steamed Broccoli Oranges ✓	13 Blueberry Muffin ✓ or Cereal ✓GF + Fruit & Milk Fish Sticks ***** Rebelyous Kickin' Tenders with Garlic Bread ✓ Curly Fries Watermelon ✓	14 Potato, Egg & Cheese Taco ✓ or Cereal ✓GF + Fruit & Milk Pepperoni Pizza ✓ ***** Cheese Pizza ✓ Seasoned Green Beans Apples ✓
17 French Toast Sticks ✓ or Cereal ✓GF + Fruit & Milk Chicken Bites with Shells & Cheese ***** Shells & Cheese ✓ Pretty Peas Apples ✓	18 Snack'n Waffle ✓ or Cereal ✓GF + Fruit & Milk Korean Drumstick with Fried Rice GF Rebelyous Kickin' Tenders with Fried Rice ✓ Oven Roasted Edamame Frozen Mixed Berry Cup	19 Turkey Sausage Biscuit or Cereal ✓GF + Fruit & Milk French Toast Sticks with Turkey Sausage ***** Bean & Cheese Tacos ✓ Tater Tots Chilled Strawberries	20 Whole Wheat Pancakes ✓ or Cereal ✓GF + Fruit & Milk 	21 Turkey Sausage Kolache or Cereal ✓GF + Fruit & Milk Chicken Tenders ***** Rebelyous Kickin' Burger ✓ Baked Sweet Potato ✓ Apples ✓



The Thanksgiving lunch menu will replace the posted menu on SchoolCafé at Uphaus on Thursday, November 20.

Oven Roasted Turkey GF or **Lentil Chili Frito Pie** ✓GF

Dinner Roll ✓ • Roasted Garlic Mashed Potatoes ✓GF

Seasoned Green Beans ✓GF • Berry Cherry Crisp ✓

Cranberry Sauce ✓GF • Gravy ✓



1 French Toast Sticks ✓ or Cereal ✓GF + Fruit & Milk Pepperoni Pizza ✓ ***** Cheese Pizza ✓ Pretty Peas Mango	2 Snack'n Waffle ✓ or Cereal ✓GF + Fruit & Milk Crispy Beef Tacos GF✓ ***** Tex-Mex Pizza ✓ Zesty Black Beans Bananas	3 Turkey Sausage Biscuit or Cereal ✓GF + Fruit & Milk BBQ Drumstick GF with Biscuit ***** Rebelyous Kickin' Tenders with Biscuit ✓ Simple Succotash Applesauce	4 Whole Wheat Pancakes ✓ or Cereal ✓GF + Fruit & Milk Orange Chicken with Fried Rice ***** Edamame with Fried Rice ✓GF Garlic Green Beans Oranges ✓	5 Turkey Sausage Kolache or Cereal ✓GF + Fruit & Milk Chicken Bites ***** Lentil Chili Frito Pie ✓GF with Homemade Cornbread Baked Sweet Potatoes ✓ Apples ✓  Goldfish Crackers
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