



Reminder

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

October Promotions

Farm to School Month

We're participating in the Texas Department of Agriculture's Farm Fresh Challenge to raise awareness about the local foods we serve in our schools.



National School Lunch Week

October 14-17, 2025

Get your school lunch passport ready! We are featuring global flavors from El Salvador, Italy, Peru, and India!

Jack-o'-Lantern Mandarins

October 31, 2025

Sweet, juicy, and fun to eat, we're serving mandarins for a healthy Halloween treat!



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.

October 2025 - Uphaus Early Childhood Center Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
29 Snack'n Waffle 🍷 or Cereal 🍷🥛 + Fruit & Milk Fish Tacos with Mango Pico de Gallo Pizza Dippers with Marinara 🍷 Fresh Steamed Broccoli Mango	30 French Toast Sticks 🍷 or Cereal 🍷🥛 + Fruit & Milk Beef Nachos 🍷🥛 Bean & Cheese Nachos 🍷 Zesty Black Beans Bananas	1 Egg & Cheese Bagel 🍷 or Cereal 🍷🥛 + Fruit & Milk Hamburger 🍷 Veggie Burger 🍷🥛 Potato Wedges Watermelon 🍷	2 Blueberry Muffin 🍷 or Cereal 🍷🥛 + Fruit & Milk Penne Alfredo 🍷 SunButter & Jelly Sandwich 🍷 Pretty Peas Chilled Strawberries	3 Potato, Egg & Cheese Taco 🍷🥛 or Cereal 🍷🥛 + Fruit & Milk Pepperoni Pizza 🍷 Cheese Pizza 🍷 Seasoned Corn Apples 🍷
6 French Toast Sticks 🍷 or Cereal 🍷🥛 + Fruit & Milk Chicken Burger 🍷 Cheesy Baked Potato with Garlic Bread 🍷🥛 Fresh Steamed Broccoli Mango	7 Snack'n Waffle 🍷 or Cereal 🍷🥛 + Fruit & Milk Crispy Beef Tacos 🍷🥛 Tex-Mex Pizza 🍷 Zesty Black Beans Bananas	8 Turkey Sausage Biscuit or Cereal 🍷🥛 + Fruit & Milk BBQ Drumstick 🍷 with Biscuit Rebelloys Kickin' Tenders with Biscuit Simple Succotash Applesauce	9 Whole Wheat Pancakes 🍷 or Cereal 🍷🥛 + Fruit & Milk Orange Chicken with Fried Rice Edamame with Fried Rice 🍷 Garlic Green Beans Oranges 🍷	<div> Follow us on Social Media @AustinISDFood   </div>
<div> Download our mobile app to access all Food Service needs.  View daily menus, nutritional information, ingredients and allergens. www.SchoolCafe.com/AustinISD</div>	14 French Toast Sticks 🍷 or Cereal 🍷🥛 + Fruit & Milk Bean and Cheese Pupusa with Curtido (Salvadoran Slaw) 🍷🥛 Hamburger 🍷 Ripe Plantain Slices Apples 🍷	15 Egg & Cheese Bagel 🍷 or Cereal 🍷🥛 + Fruit & Milk Penne with Beef Meat Sauce Penne with Marinara and Mozzarella 🍷 Fresh Steamed Broccoli Oranges 🍷	16 Blueberry Muffin 🍷 or Cereal 🍷🥛 + Fruit & Milk Peruvian Drumstick with Quinoa 🍷 Rebelloys Kickin' Tenders with Garlic Bread 🍷 Zesty Black Beans Watermelon 🍷	17 Potato, Egg & Cheese Taco 🍷🥛 or Cereal 🍷🥛 + Fruit & Milk Chana Masala with Rice 🍷 Pepperoni Pizza 🍷 Cheese Pizza 🍷 Roasted Cauliflower Apples 🍷
	21 Snack'n Waffle 🍷 or Cereal 🍷🥛 + Fruit & Milk Korean Drumstick with Fried Rice 🍷 Rebelloys Kickin' Tenders with Fried Rice 🍷 Edamame Mixed Berry Cup	22 Turkey Sausage Biscuit or Cereal 🍷🥛 + Fruit & Milk French Toast Sticks with Turkey Sausage Bean & Cheese Tacos 🍷 Tater Tots Chilled Strawberries	23 Whole Wheat Pancakes 🍷 or Cereal 🍷🥛 + Fruit & Milk Turkey & Cheese Sandwich with Yogurt 🍷 SunButter & Jelly Sandwich with Yogurt 🍷 Seasoned Green Beans Oranges 🍷	24 Turkey Sausage Kolache or Cereal 🍷🥛 + Fruit & Milk Chicken Tenders Rebelloys Kickin' Burger 🍷 Baked Sweet Potato 🍷 Apples 🍷
27 Snack'n Waffle 🍷 or Cereal 🍷🥛 + Fruit & Milk Fish Tacos with Mango Pico de Gallo Pizza Dippers with Marinara 🍷 Fresh Steamed Broccoli Mango	28 French Toast Sticks 🍷 or Cereal 🍷🥛 + Fruit & Milk Beef Nachos 🍷🥛 Bean & Cheese Nachos 🍷 Zesty Black Beans Bananas	29 Egg & Cheese Bagel 🍷 or Cereal 🍷🥛 + Fruit & Milk Hamburger 🍷 Veggie Burger 🍷🥛 Potato Wedges Watermelon 🍷	30 Blueberry Muffin 🍷 or Cereal 🍷🥛 + Fruit & Milk Penne Alfredo 🍷 SunButter & Jelly Sandwich 🍷 Pretty Peas Chilled Strawberries	31 Potato, Egg & Cheese Taco 🍷🥛 or Cereal 🍷🥛 + Fruit & Milk Pepperoni Pizza 🍷 Cheese Pizza 🍷 Seasoned Corn Jack-O'-Lantern Mandarins 🍷