



Reminder

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

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

schoolcafé
www.SchoolCafe.com/AustinISD



View Menus, Nutritional Information, Allergens, and Ingredients



Did you know the cereals we serve are formulated specifically for schools?

These cereals are whole grain rich with **no** artificial flavors or colors, and contain less sugar than the versions found in the grocery store.

Breakfast in the Classroom (BIC) Cereal Rotation:

*Mondays: Blueberry Chex • Tuesdays: Trix • Wednesdays: Cocoa Puffs
Thursdays: Cinnamon Toast Crunch • Fridays: Trix*

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.

September 2025 - Uphaus Early Childhood Center Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 Labor Day No School Follow us on Social Media @AustinISDFood 	2 French Toast Sticks ✓ or Cereal ✓GF + Fruit & Milk Beef Nachos ✓ ***** Bean & Cheese Nachos ✓ Zesty Black Beans Bananas	3 Egg & Cheese Bagel ✓ or Cereal ✓GF + Fruit & Milk Hamburger ✓ ***** Veggie Burger ✓ Potato Wedges Watermelon ✓	4 Blueberry Muffin ✓ or Cereal ✓GF + Fruit & Milk Penne Alfredo ✓ ***** SunButter & Jelly Sandwich ✓ Pretty Peas Chilled Strawberries	5 Potato, Egg & Cheese Taco ✓ or Cereal ✓GF + Fruit & Milk Pepperoni Pizza ✓ ***** Cheese Pizza ✓ Seasoned Corn Apples
8 French Toast Sticks ✓ or Cereal ✓GF + Fruit & Milk Chicken Burger ✓ ***** Cheesy Baked Potato with Garlic Bread ✓ Fresh Steamed Broccoli Mango	9 Snack'n Waffle ✓ or Cereal ✓GF + Fruit & Milk Crispy Beef Tacos ✓ ***** Tex-Mex Pizza ✓ Zesty Black Beans Bananas	10 Turkey Sausage Biscuit or Cereal ✓GF + Fruit & Milk BBQ Drumstick ✓ with Biscuit ***** Rebelloyous Kickin' Tenders with Biscuit ✓ Simple Succotash Applesauce	11 Whole Wheat Pancakes ✓ or Cereal ✓GF + Fruit & Milk Orange Chicken with Fried Rice ***** Edamame with Fried Rice ✓ Garlic Green Beans Oranges	12 Turkey Sausage Kolache or Cereal ✓GF + Fruit & Milk Chicken Bites ***** Lentil Chili Frito Pie ✓ with Homemade Cornbread Baked Sweet Potatoes Apples Goldfish Crackers
15 Chicken Biscuit or Cereal ✓GF + Fruit & Milk Chicken Burger ✓ ***** Grilled Cheese Sandwich ✓ BBQ Baked Beans Apples	16 French Toast Sticks ✓ or Cereal ✓GF + Fruit & Milk Hamburger ✓ ***** Veggie Burger ✓ Tater Tots Bananas	17 Egg & Cheese Bagel ✓ or Cereal ✓GF + Fruit & Milk Penne with Beef Meat Sauce ***** Penne with Marinara and Mozzarella ✓ Fresh Steamed Broccoli Oranges	18 Blueberry Muffin ✓ or Cereal ✓GF + Fruit & Milk Fish Sticks ***** Rebelloyous Kickin' Tenders with Garlic Bread ✓ Potato Wedges Watermelon ✓	19 Potato, Egg & Cheese Taco ✓ or Cereal ✓GF + Fruit & Milk Pepperoni Pizza ✓ ***** Cheese Pizza ✓ Seasoned Green Beans Apples
22 Student Holiday No School	23 Student Holiday No School	24 Snack'n Waffle ✓ or Cereal ✓GF + Fruit & Milk French Toast Sticks with Turkey Sausage ***** Bean & Cheese Tacos ✓ Tater Tots Chilled Strawberries	25 Whole Wheat Pancakes ✓ or Cereal ✓GF + Fruit & Milk Turkey & Cheese Sandwich with Yogurt ✓ SunButter & Jelly Sandwich with Yogurt ✓ Seasoned Green Beans Applesauce	26 Turkey Sausage Kolache or Cereal ✓GF + Fruit & Milk Chicken Tenders ***** Rebelloyous Kickin' Burger ✓ Baked Sweet Potato Apples
29 Snack'n Waffle ✓ or Cereal ✓GF + Fruit & Milk Fish Tacos with Mango Pico de Gallo ***** Pizza Dippers with Marinara ✓ Fresh Steamed Broccoli Mango	30 French Toast Sticks ✓ or Cereal ✓GF + Fruit & Milk Beef Nachos ✓ ***** Bean & Cheese Nachos ✓ Zesty Black Beans Bananas	1 Egg & Cheese Bagel ✓ or Cereal ✓GF + Fruit & Milk Hamburger ✓ ***** Veggie Burger ✓ Potato Wedges Watermelon ✓	2 Blueberry Muffin ✓ or Cereal ✓GF + Fruit & Milk Penne Alfredo ✓ ***** SunButter & Jelly Sandwich ✓ Pretty Peas Chilled Strawberries	3 Potato, Egg & Cheese Taco ✓ or Cereal ✓GF + Fruit & Milk Pepperoni Pizza ✓ ***** Cheese Pizza ✓ Seasoned Corn Apples