



**AUSTIN**  
Independent School District

Food Service



menu promotions

the quest for school breakfast

NATIONAL SCHOOL BREAKFAST WEEK  
MARCH 2-6, 2026



**Wizard's Waffles**

Crafted with wizardly magic, these tasty whole wheat Cosmic Confetti Snack'n Waffles are packed with colorful sprinkles, bringing a little extra magic to your morning! These waffles contain no artificial flavors, preservative or colors.

**Jester's Juice Smoothie**

A delicious smoothie that combines mango and blueberry flavors into a bright, colorful swirl inspired by a jester's hat.



**Dragon's Egg and Cheese Bagel**

Crack open a magical breakfast with a tasty bagel topped with eggs and melty cheese.

**Rapunzel's Braid**

This soft, freshly baked twist is coated in cinnamon and sugar, inspired by Rapunzel's famous braid. Served with yogurt.



**Swords and Shields**

A pancake shield and sausage sword; it's the perfect combination to get knights ready to conquer the morning.

**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. The icon (PK) used on the menu to the right identifies daily Pre-K selections.



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

**March 2026 - Elementary Breakfast & Lunch Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> <p>Wizard's Waffles or Cereal + Fruit &amp; Milk</p> <p>Beef Hot Dog</p> <p>Italian Grilled Cheese</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Chef Salad with Turkey or Beans Roasted Cauliflower Garden Side Salad Frozen Strawberry Cup • Apples Chocolate Milk</p>	<p><b>3</b></p> <p>NATIONAL SCHOOL Breakfast</p> <p>Jester's Juice Smoothie or Cereal + Fruit &amp; Milk</p> <p>Hamburger</p> <p>Veggie Burger</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Chef Salad with Turkey or Beans Curly Fries Garden Side Salad Pear Crisp Bananas</p>	<p><b>4</b></p> <p>Dragon's Egg &amp; Cheese Bagel or Cereal + Fruit &amp; Milk</p> <p>Penne Alfredo and Garlic Bread</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Chef Salad with Turkey or Beans Fresh Steamed Broccoli Cucumbers &amp; Cherry Tomatoes Dried Sour Berries Oranges</p>	<p><b>5</b></p> <p>Rapunzel's Braid with Yogurt or Cereal + Fruit &amp; Milk</p> <p>Beef Tamale with Spanish Rice</p> <p>Cheese Quesadilla</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Chef Salad with Turkey or Beans Zesty Black Beans Cucumbers &amp; Cherry Tomatoes Chilled Strawberries • Applesauce Chocolate Chip Cookie</p>	<p><b>6</b></p> <p>Swords and Shields or Cereal + Fruit &amp; Milk</p> <p>Pepperoni Pizza</p> <p>Cheese Pizza</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Chef Salad with Turkey or Beans Caesar Salad Cucumbers &amp; Cherry Tomatoes Frozen Peach Cup Chilled Blueberries</p>
<p><b>9</b></p> <p>Whole Wheat Pancakes or Cereal + Fruit &amp; Milk</p> <p>BBQ Drumstick with Cornmeal Super Star</p> <p>Rebellous Kickin' Tenders with Cornmeal Super Star</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Fiesta Salad with Chicken or Beans Simple Succotash Garden Side Salad Apples • Mango Chocolate Milk</p>	<p><b>10</b></p> <p>Banana Muffin with Yogurt or Cereal + Fruit &amp; Milk</p> <p>Chicken Burger</p> <p>Turkey Power Pack <i>Turkey, Cheese, Wheat Thins, Carrots, Apple Slices</i></p> <p>SunButter &amp; Jelly Sandwich</p> <p>Fiesta Salad with Chicken or Beans Sweet Potato Fries Garden Side Salad Bananas Sliced Peaches</p>	<p><b>11</b></p> <p>Chicken Biscuit or Cereal + Fruit &amp; Milk</p> <p>Pancakes with Turkey Sausage</p> <p>Strawberry Yogurt Parfait</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Fiesta Salad with Chicken or Beans Tater Tots Cucumbers &amp; Baby Carrots Orange Juice Chilled Blueberries</p>	<p><b>12</b></p> <p>French Toast Sticks or Cereal + Fruit &amp; Milk</p> <p>Chicken Alfredo Flatbread</p> <p>Pizza Dippers</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Fiesta Salad with Chicken or Beans Caesar Salad Cucumbers &amp; Baby Carrots Frozen Mixed Berry Cup Fresh Pineapple</p>	<p><b>13</b></p> <p>Turkey Sausage, Egg &amp; Cheese Taco or Cereal + Fruit &amp; Milk</p> <p>Chicken Tenders with Dinner Roll</p> <p>Bean &amp; Cheese Pupusa with Curtido (Salvadoran-style slaw)</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Fiesta Salad with Chicken or Beans Ripe Plantain Slides Black Bean &amp; Corn Salad Wild Cherry Frozen Juice Cup Oranges</p>

**Spring Break - No School - March 16-20**

<p><b>23</b></p> <p>Whole Wheat Pancakes or Cereal + Fruit &amp; Milk</p> <p>Chicken Lo Mein <i>Ramen noodles mixed with peas, carrots and Asian sauce topped with chicken bites</i></p> <p>Pizza Dippers</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Mediterranean Salad with Chicken or Beans Garlic Green Beans Garden Side Salad Apples Mango Chocolate Milk</p>	<p><b>24</b></p> <p>Banana Muffin with Yogurt or Cereal + Fruit &amp; Milk</p> <p>Crispy Beef Tacos</p> <p>Fish Tacos with Pineapple Pico de Gallo</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Mediterranean Salad with Chicken or Beans Seasoned Corn Garden Side Salad Frozen Diced Peach Cup Bananas</p>	<p><b>25</b></p> <p>Chicken Biscuit or Cereal + Fruit &amp; Milk</p> <p>Roasted Drumstick with Shells &amp; Cheese</p> <p>Shells &amp; Cheese</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Mediterranean Salad with Chicken or Beans Pretty Peas Cucumbers &amp; Mini Peppers Chilled Strawberries Oranges</p>	<p><b>26</b></p> <p>French Toast Sticks or Cereal + Fruit &amp; Milk</p> <p>Chicken Burger</p> <p>Cheese Enchiladas with Spanish Rice</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Mediterranean Salad with Chicken or Beans Refried Pinto Beans Cucumbers &amp; Mini Peppers Fresh Pineapple Applesauce</p>	<p><b>27</b></p> <p>Turkey Sausage, Egg &amp; Cheese Taco or Cereal + Fruit &amp; Milk</p> <p>Chicken Bites with Dinner Roll</p> <p>Organic Bean &amp; Cheese Burrito</p> <p>SunButter &amp; Jelly Sandwich</p> <p>Mediterranean Salad with Chicken or Beans Fresh Steamed Broccoli Cucumbers &amp; Mini Peppers Frozen Mixed Berry Cup Apples</p>
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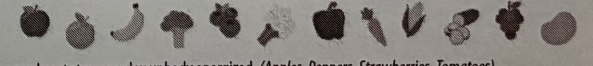
**31 No School - Student & Staff Holiday**



**Celebrating César Chávez and Dolores Huerta**  
for their advocacy in farmworkers' rights, leading to better pay and conditions for those working in the fields.



In celebration of National Nutrition Month, take the **Eat the Rainbow Challenge**: try a fruit or veggie from every color and track your progress below.



- Red** • Helps keep your heart strong and your body energized. (Apples, Peppers, Strawberries, Tomatoes)
- Orange** • Supports healthy eyes and helps you see and play better. (Oranges, Carrots, Mango, Peaches, Sweet Potatoes)
- Yellow** • Boosts your immune system and helps fight germs. (Bananas, Corn, Pineapple, Plantains)
- Green** • Helps build strong muscles and keeps digestion happy. (Broccoli, Cucumbers, Edamame, Green Beans, Lettuce, Peas)
- Blue/Violet** • Supports brain power and memory. (Blueberries, Grapes, Purple Cabbage)
- White/Tan** • Helps keep bones strong and supports a healthy gut. (Cauliflower, Chickpeas, Jicama, Pears, Potatoes)