

March 2015



SCHOOL BREAKFAST WEEK

MARCH 2-6

Monday

Tuesday

Wednesday

Thursday

Friday

Country Fried Steak
Mashed Potatoes
Gravy, Roll
Green Beans
Strawberry Cup
Milk Variety

2

Chicken Quesadilla
Salsa
Garden Salad
Refried Beans
Applesauce
Milk Variety

3

Chicken Spaghetti
Breadsticks
Garden Salad
California Blend
Apple Slices
Milk Variety

4

Turkey & Cheese Sub
Baby Carrots w/Ranch
Tortilla Chips
Seasoned Corn
Salsa
Orange Smiles
Milk Varietv

5

Popcorn Chicken
Zesty Cucumbers
Fries
Sliced Apricots
Milk Variety

6

Spring
Break

9

Spring
Break

10

Spring
Break

11

Spring
Break

12

Spring
Break

13

Corn Dog
Chili Beans
Crunchy Broccoli
Salad
Apple / Pineapple
D' lite
Milk Variety

16

Grilled Cheese Sandwich,
Soup
Baby Carrots
Salad
Pears
Lime Sherbet
Milk Variety

17

Beef & Bean Burrito
Oven Fries
Fresh Veggie Cup
Fruity Gelatin
Milk Variety

18

Chicken Nuggets
Garden Salad
Steamed Broccoli
Fresh Grapes
Breadsticks
Choc Chip Cookie
Milk Variety

19

Pizza Choice
Garden Salad
Fresh Veggie Cup
Mixed Fruit
Milk Variety

20

Steak Fingers
Quick Baked Potato
Seasoned Corn
Baby Carrots
Fresh Fruit Bowl
Milk Varietv

23

Asian Chicken
Brown Rice
Carrot Coins
Broccoli Bites
Chilled Pineapple
Sugar Cookie
Milk Variety

24

Tex-Mex Stack
Spanish Rice
Refried Beans
Garden Salad
Cinnamon
Applesauce
Milk Varietv

25

Pizza Choice
Garden Salad
Green Beans
Apple Slices
Milk Variety

26

Chicken Sandwich
Lettuce / Tomatoes
Potato Rounds
Western Beans
Applesauce
Milk Variety

27

Breaded Pork Chop
Garden Salad
Carrot Coins
Sliced Peaches
Breadsticks
Chocolate/Vanilla
Pudding
Milk Variety

30

Cheese Enchiladas
Tortilla Chips
Garden Salad
Charro Beans, Salsa,
Cinnamon Applesauce
Milk Variety

31

Kids, School Breakfast Week is **March 2-6, 2015**.

Start each day the smart way by eating a healthy, energizing breakfast then **mark the calendar** to keep track of your daily success!



GOOD EATS AT

Zephyr I S D

SPECIAL ANNOUNCEMENTS

Breakfast Free to K-12

Lunch –

K -12 \$2.35

Adults \$3.00



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

