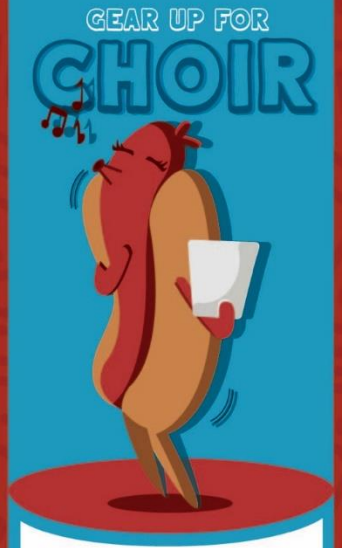
ZEPHYR ISD

MAR 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 HOT HAM & CHEESE FRESH VEGGIE CUP FRIES STRAWBERRIES & BANANAS MILK	2 X-TREME BURRITO CORN CUCUMBERS APPLESAUCE COOKIE MILK	3 CHEESEBURGER CHIPS TOMATO CUP GARDEN SALAD PEARS MILK
6 STEAK FINGERS ROLL SAVORY GREEN BEANS MASHED POTATOES PEACHES MILK	7 ROASTED CHICKEN BISCUIT GARDEN SALAD SWEET POTATOE FRIES SEASONAL FRESH FRUIT MILK	8 FRITO PIE BEANS FRESH VEGGIE CUP PINEAPPLE COOKIE MILK	9 CHICKEN TACOS CHIPS SALSA CELERY CARROTS SORBET MILK	10 EARLY RELEASE SANDWICH CHOICE CHIPS BROCCOLI TOMATO CUP FRUIT MILK
13 SPRING BREAK	14 SPRING BREAK	15 SPRING BREAK	16 SPRING BREAK	17 SPRING BREAK
20 CORN DOG FRENCH FRIES TOMATO CUP FRUIT CUP MILK	21 NACHOS GRANDE BEANS SALSA CUCUMBERS STRAWBERRY CUPS ICE CREAM CUP MILK	22 SPAGHETTI BOWL BREAKSTICK FRESH VEGGIE CUP GARDEN SALAD FRUITY GELATIN MILK	23 ASIAN BOWL/ORANGE CHICKEN EGG ROLL BROCCOLI PEARS MILK	24 CHICKEN NUGGETS CARROTS SAVORY GREEN BEANS FRESH SEASONAL FRUIT COOKIE MILK
27 CHICKEN FAJITAS BEANS CARROTS SALSA SORBET MILK	28 PIZZA CHOICE GARDEN SALAD SAVORY GREEN BEANS PEACHES MILK	29 POPCORN CHICKEN ROLL CORN CRUNCHY BROCCOLI SALAD FRESH APPLE SLICES COOKIE MILK	30 POTATO BOWL ROLL TOMATO CUP SNOWBALL SALAD MILK	31 CHEESEBURGER FRIES CELERY STRAWBERRIES MILK



ANNOUNCEMENTS:

DAILY ALTERNATE MEAL CHOICE OF
STRAWBERRY OR GRAPE
PB&JELLY SANDWICH
VEGETABLES
FRUIT
MILK

GEAR UP WITH A HEALTHY SCHOOL MEAL!

square meals
Food and Nutrition Division
Nutrition Assitance Programs

TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER
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www.SquareMeals.org