

September 2024 |

ZEPHYR ISD



Monday

Tuesday

Wednesday

Thursday

Friday

2

Labor Day

3

BREAKFAST BURRITO
W/ HASH BROWNS OR
CEREAL W/ TOAST
FRUIT
JUICE AND MILK

4

WAFFLES W/ SAUSAGE
OR CEREAL W/ TOAST
FRUIT
JUICE
MILK

5

STUFFED BAGEL
W/ CHEESE STICK OR
CEREAL W/ TOAST
FRUIT
JUICE AND MILK

6

DONUT HOLES W/
SAUSAGE OR
CEREAL W/ TOAST
FRUIT
JUICE AND MILK

9

BREAKFAST PIZZA
OR CEREAL W/ TOAST
FRUIT
JUICE
MILK

10

DUTCH WAFFLES
W/ SAUSAGE OR
CEREAL W/ TOAST
FRUIT
JUICE AND MILK

11

POWER BREAKFAST
BISCUIT, GRAVY
EGG ROUND AND BACON
OR CEREAL W/TOAST
FRUIT
JUICE AND MILK

12

PANCAKE WRAP W/
YOGURT OR CEREAL W/
TOAST
FRUIT
JUICE AND MILK

13

SAUSAGE BISCUIT
OR CEREAL W/ TOAST
FRUIT
JUICE
MILK

16

BREAKFAST COOKIE
W/ YOGURT OR
CEREAL W/ TOAST
FRUIT
JUICE AND MILK

17

BREAKFAST BURRITO
W/ HASH BROWNS OR
CEREAL W/ TOAST
FRUIT
JUICE AND MILK

18

WAFFLES W/ SAUSAGE
OR CEREAL W/ TOAST
FRUIT
JUICE
MILK

19

STUFFED BAGEL
W/ CHEESE STICK OR
CEREAL W/ TOAST
FRUIT
JUICE AND MILK

20

DONUT HOLES W/
SAUSAGE OR
CEREAL W/ TOAST
FRUIT
JUICE AND MILK

23

NO SCHOOL

24

DUTCH WAFFLES
W/ SAUSAGE OR
CEREAL W/ TOAST
FRUIT
JUICE AND MILK

25

POWER BREAKFAST
BISCUIT, GRAVY
EGG ROUND AND BACON
OR CEREAL W/TOAST
FRUIT
JUICE AND MILK

26

PANCAKE WRAP W/
YOGURT OR
CEREAL W/ TOAST
FRUIT
JUICE AND MILK

27

SAUSAGE BISCUIT
OR CEREAL W/ TOAST
FRUIT
JUICE
MILK

30

BREAKFAST COOKIE
W/ YOGURT OR
CEREAL W/ TOAST
FRUIT
JUICE AND MILK



Watermelon

Season in Texas: May - October
Did you know?

You can eat the entire watermelon; some people make sweet pickles out of the rind



Announcements:

BREAKFAST IS FREE TO ALL STUDENT.
BREAKFAST BEGINS @ 7:25
BELL RINGS @ 7:55



Food and Nutrition Division
www.SquareMeals.org



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

This product was funded by USDA. This institution is an equal opportunity provider.

Updated 6/6/2024
National School Lunch Program

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Labor Day

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QUESADILLA
SALSA, CHARO BEANS
CUCUMBERS
APRICOTS
ICE CREAM CUP
MILK

4

SPAGHETTI BOWL
BREADSTICK
FRESH VEGGIE CUP
GARDEN SALAD
GELATIN
MILK

5

NACHO GRANDE
BROCCOLI
CORN
ORANGE SMILES
MILK

6

CHICKEN NUGGETS
CARROTS
SAVORY GREEN BEANS
FRESH SEASONAL FRUIT
COOKIE
MILK

9

FISH STICKS
FRIES
COLESLAW
ROLL
PEACHES
MILK

10

CHICKEN FAJITAS
CHARO BEANS
CARROTS
SALSA
HOT CINNAMON APPLES
MILK

11

PIZZA CHOICE
GARDEN SALAD
SAVORY GREEN BEANS
CANTALOUPE
MILK

12

CHICKENTENDERS
ROLL
CORN
CRUNCHY BROCCOLI SALAD
FRESH APPLE SLICES
COOKIE AND MILK

13

POTATO BOWL
ROLL
TOMATO CUP
SNOWBALL SALAD
MILK

16

MEAT & CHEESE CHALUPAS
REFRIED BEANS
CORN
SALSA
ORANGE SMILES
PUDDING AND MILK

17

CRISPY CHICKEN
SANDWICH
FRESH VEGGIE CUP
TATOR TOTS
WATERMELON AND MILK

18

ASIAN BOWL
ORANGE CHICKEN
EGG ROLL
CARROTS
CELERY
GRAPES AND MILK

19

X-TREME BURRITO
CORN
CUCUMBERS
APPLESAUCE
COOKIE AND MILK

20

CHEESEBURGER
CHIPS
TOMATO CUP
GARDEN SALAD
PEARS AND MILK

23

NO SCHOOL

24

WALKING TACO
CHARO BEANS
FRESH VEGGIE CUP
CHILLED PINEAPPLE
COOKIE
MILK

25

CHEESY BREADSTICK
BROCCOLI
MARINARA SAUCE
BLUEBERRIES
MILK

26

CHICKEN NUGGETS
CHIPS
CELERY, CARROTS
MIXED FRUIT
SHERBET AND MILK

27

CHEESEBURGER
GARDEN SALAD
SWEET POTATO FRIES
SEASONAL FRESH FRUIT
MILK

30

CORN DOG
FRIES
TOMATO CUP
FRUIT CUP
MILK

31

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

Announcements:



Watermelon

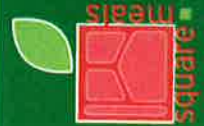
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