

October 2024 |

ZEPHYR ISD

Monday

Tuesday

Wednesday

Thursday

Friday

Announcements:

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



<p>7 NO SCHOOL</p>	<p>8 DUTCH WAFFLES W/ SAUSAGE OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>	<p>9 POWER BREAKFAST BISCUIT, GRAVY EGG ROUND AND BACON OR CEREAL W/ GRAHAM CRACKERS, FRUIT JUICE AND MILK</p>	<p>10 PANCAKE WRAP W/ YOGURT OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>	<p>11 SAUSAGE BISCUIT OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>
<p>14 BREAKFAST COOKIE W/ YOGURT OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>	<p>15 BREAKFAST BURRITO W/ HASHBROWNS OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>	<p>16 WAFFLES W/ SAUSAGE OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>	<p>17 STUFFED BAGEL W/ CHEESE STICK OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>	<p>18 DONUT HOLES W/ SAUSAGE OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>
<p>21 NO SCHOOL</p>	<p>22 DUTCH WAFFLES W/ SAUSAGE OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>	<p>23 POWER BREAKFAST BISCUIT, GRAVY EGG ROUND AND BACON OR CEREAL W/ GRAHAM CRACKERS FRUIT, JUICE AND MILK</p>	<p>24 PANCAKE WRAP W/ YOGURT OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>	<p>25 SAUSAGE BISCUIT OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>
<p>28 BREAKFAST COOKIE W/ YOGURT OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>	<p>29 BREAKFAST BURRITO W/ HASHBROWNS OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>	<p>30 WAFFLES W/ SAUSAGE OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK</p>	<p>31 STUFFED BAGEL W/ CHEESE STICK OR CEREAL W/ GRAHAM CRACKERS FRUIT, JUICE AND MILK</p>	

Apples

Season in Texas: July-November
Did you know?
There are about 2,500 different kinds of apples grown in the United States



Food and Nutrition Division
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TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER




Updated 6/6/2024
National School Lunch Program

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<p>7 NO SCHOOL</p>	<p>8 CHICKEN FAJITAS CHARO BEANS CARROTS SALSA HOT CINNAMON APPLES MILK</p>	<p>9 PIZZA CHOICE GARDEN SALAD SAVORY GREEN BEANS PEACHES MILK</p>	<p>10 CHICKEN TENDERS ROLL CORN CRUNCHY BROCCOLI SALAD FRESH APPLE SLICES COOKIE AND MILK</p>	<p>11 POTATO BOWL ROLL TOMATO CUP SNOWBALL SALAD MILK</p>	<p>Announcements: DAILY ALTERNATE MEAL CHOICE OF STRAWBERRY OR GRAPE PB&JELLY SANDWICH CHEESE STICK VEGETABLES FRUIT MILK</p>
<p>14 MEAT & CHEESE CHALLUPAS REFRIED BEANS CORN SALSA ORANGE SMILES PUDDING-AND MILK</p>	<p>15 CRISPY CHICKEN SANDWICH FRESH VEGGIE CUP TATOR TOTS WATERMELON AND MILK</p>	<p>16 ASIAN BOWL ORANGE CHICKEN EGG ROLL CARROTS, CAULIFLOWER PEARS AND MILK</p>	<p>17 X-TREME BURRITO CORN CUCUMBERS APPLE SAUCE COOKIE AND MILK</p>	<p>18 CHEESEBURGER CHIPS TOMATO CUP GARDEN SALAD APPLE SLICES AND MILK</p>	<p> -BUY TEXAS PRODUCTS</p>
<p>21 NO SCHOOL</p>	<p>22 WALKING TACO CHARO BEANS FRESH VEGGIE CUP CHILLED PINEAPPLE COOKIE MILK</p>	<p>23 CHEESY BREADSTICK BROCCOLI MARINARA SAUCE BLUEBERRIES MILK</p>	<p>24 CHICKEN NUGGETS CHIPS CELERY, CARROTS MIXED FRUIT SHERBET AND MILK</p>	<p>25 CHEESEBURGER GARDEN SALAD SWEET POTATO FRIES SEASONAL FRESH FRUIT MILK</p>	
<p>28 CORN DOG FRIES TOMATO CUP FRUIT CUP MILK</p>	<p>29 PULLED PORK SANDWICH CHARO BEANS CUCUMBERS APRICOTS ICE CREAM CUP MILK</p>	<p>30 SPAGHETTI BOWL BREADSTICK FRESH VEGGIE CUP GARDEN SALAD GELATIN MILK</p>	<p>31 NACHO GRANDE BROCCOLI CORN ORANGE SMILES MILK</p>		



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