



# November 2024 |



## Announcements:

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

Monday	Tuesday	Wednesday	Thursday	Friday
 <h3>Carrots</h3> <p>Season in Texas: August - May</p> <p><b>Did you know?</b></p> <p>You can eat all parts of the carrot; leaves can be made into pesto or added to a salad, carrot flowers can also be added to salads or turned into jelly, the seeds are used to flavor other foods</p> 				
<b>4</b> NO SCHOOL STAFF DEVELOPMENT	<b>5</b> DUTCH WAFFLES W/ SAUSAGE OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK	<b>6</b> BREAKFAST PIZZA OR CEREAL W/ TOAST FRUIT JUICE MILK	<b>7</b> PANCAKE WRAP W/ YOGURT OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK	<b>1</b> DONUT HOLES W/ SAUSAGE OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK
<b>11</b> BREAKFAST COOKIE W/ YOGURT OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK	<b>12</b> BREAKFAST BURRITO W/ HASHBROWNS OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK	<b>13</b> WAFFLES W/ SAUSAGE OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE MILK	<b>14</b> STUFFED BAGEL W/ CHEESE STICK OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK	<b>8</b> SAUSAGE BISCUIT OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE MILK
<b>18</b> BREAKFAST PIZZA OR CEREAL W/ TOAST FRUIT JUICE MILK	<b>19</b> DUTCH WAFFLES W/ SAUSAGE OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK	<b>20</b> POWER BREAKFAST BISCUIT, GRAVY EGG ROUND AND BACON OR CEREAL W/ GRAHAM CRACKERS, FRUIT JUICE AND MILK	<b>21</b> PANCAKE WRAP W/ YOGURT OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK	<b>15</b> DONUT HOLES W/ SAUSAGE OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE AND MILK
<b>25</b>  NO SCHOOL	<b>26</b>  NO SCHOOL	<b>27</b>  NO SCHOOL	<b>28</b>  NO SCHOOL	<b>22</b> CHICKEN BISCUIT OR CEREAL W/ GRAHAM CRACKERS FRUIT JUICE MILK
<b>29</b>  NO SCHOOL	<b>29</b>  NO SCHOOL	<b>29</b>  NO SCHOOL	<b>29</b>  NO SCHOOL	<b>29</b>  NO SCHOOL



Food and Nutrition Division  
 www.SquareMeals.org

TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

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Updated 6/6/2024  
 National School Lunch Program



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# ZEPHYR ISD



## Announcements:

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



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<b>4</b> NO SCHOOL STAFF	<b>5</b> PIZZA CHOICE GARDEN SALAD SAVORY GREEN BEANS PEACHES MILK	<b>6</b> TURKEY, GRAVY MASHED POTATOES SAVORY GREEN BEANS FRUIT CHOICE DRESSING, ROLL MILK	<b>7</b> CHICKEN FAJITAS CHARO BEANS CARROTS SALSA HOT CINNAMON APPLES MILK	<b>8</b> CHEESEBURGERS FRIES CELERY GRAPES MILK
<b>11</b> MEAT & CHEESE CHALUPAS REFRIED BEANS CORN SALSA ORANGE SMILES PUDDING AND MILK	<b>12</b> CRISPY CHICKEN SANDWICH FRESH VEGGIE CUP TATOR TOTS STRAWBERRY CUP MILK	<b>13</b> ASIAN BOWL ORANGE CHICKEN EGG ROLL CARROTS, CAULIFLOWER PEARS AND MILK	<b>14</b> X-TREME BURRITO CORN CUCUMBERS APPLESAUCE COOKIE AND MILK	<b>15</b> CHEESEBURGER CHIPS TOMATO CUP GARDEN SALAD APPLE SLICES AND MILK
<b>18</b> STEAK FINGERS GRAVY, ROLL MASHED POTATOES SAVORY GREEN BEANS CINNAMON PEACHES MILK	<b>19</b> WALKING TACO CHARO BEANS FRESH VEGGIE CUP CHILLED PINEAPPLE COOKIE MILK	<b>20</b> CHEESY BREADSTICK BROCCOLI MARINARA SAUCE BLUEBERRIES MILK	<b>21</b> CHICKEN NUGGETS CHIPS CELERY, CARROTS MIXED FRUIT SHERBET AND MILK	<b>22</b> EARLY RELEASE SANDWICH CHOICE GARDEN SALAD CARROTS FRUIT AND MILK
<b>25</b>  NO SCHOOL	<b>26</b>  NO SCHOOL	<b>27</b>  NO SCHOOL	<b>28</b>  NO SCHOOL	<b>29</b>  NO SCHOOL



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