



BREAKFAST

AUGUST 2025

ZEPHYR ISD

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Monday

Tuesday

Wednesday

Thursday

Friday

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BREAKFAST PIZZA
OR
CEREAL WITH GRAHAM CRACKER
FRUIT
JUICE
MILK

DUTCH WAFFLES WITH
SAUSAGE
OR
CEREAL WITH GRAHAM CRACKERS
FRUIT
JUICE
MILK

POWER BREAKFAST
BISCUIT, GRAVY
EGG ROUND & BACON
OR
CEREAL WITH GRAHAM CRACKERS
FRUIT
JUICE
MILK

PANCAKE WRAP WITH
YOGURT
OR
CEREAL WITH GRAHAM CRACKERS
FRUIT
JUICE
MILK

CHICKEN BISCUIT
OR
CEREAL WITH GRAHAM CRACKERS
FRUIT
JUICE
MILK

WAFFLE WITH BACON
OR
CEREAL WITH GRAHAM CRACKER
FRUIT
JUICE
MILK

CHEESE OMLET WRAP
SALSA
OR
CEREAL WITH GRAHAM CRACKERS
FRUIT
JUICE
MILK

SAUSAGE BISCUIT
OR
CEREAL WITH GRAHAM CRACKERS
FRUIT
JUICE
MILK

BREAKFAST COOKIE WITH
YOGURT
OR
CEREAL WITH GRAHAM CRACKERS
FRUIT
JUICE
MILK

DONUT HOLES WITH
SAUSAGE
OR
CEREAL WITH GRAHAM CRACKERS
FRUIT
JUICE
MILK

BREAKFAST IS FREE FOR ALL STUDENTS
BREAKFAST BEGINS @ 7:25
BELL RINGS AT 7:55

MY
SCHOOL
BUCKS

PAY FOR MEALS ONLINE

MySchoolBucks.com

Monday

Tuesday

Wednesday

Thursday

Friday

4

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CHEESEBURGER MACARONI
ROLL
CARROTS
SAVORY GREEN BEANS
SEASONAL FRESH FRUIT
COOKIE
MILK

CHICKEN QUESADILLA
SALSA
CHARO BEANS
CUCUMBERS
STRAWBERRY CUPS
ICE CREAM CUP
MILK

POTATO BOWL
ROLL
TOMATO CUP
FRUIT CUP
MILK

ASIAN BOWL
(ORANGE CHICKEN & RICE)
EGG ROLL
BROCCOLI
FRESH VEGGIE CUP
ORANGE SMILES
MILK

CRISPY CHICKEN SANDWICH
FRIES
GARDEN SALAD
FRUITY GELATIN
MILK

CHICKEN NUGGETS
ROLL
MASHED POTATOES
TOMATO CUP
FRUIT CUP
MILK

TEX-MEX STACK
CHARO BEANS
CARROTS
SALSA
HOT CINNAMON APPLES
SHERBET
MILK

PIZZA CHOICE
GARDEN SALAD
CALIFORNIA BLEND VEGETABLES
PEACHES
MILK

RANCHERO WRAP
CORN
CRUNCHY BROCCOLI SALAD
FRESH APPLE SLICES
COOKIE
MILK

CHEESEBURGER
FRIES
CUCUMBERS
SALAD
WATERMELON
MILK

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