

# October 2025

## ZEPHYR ISD



### Announcements

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



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> POWER BREAKFAST BISCUIT, GRAVY EGG ROUND & BACON OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>2</b> PANCAKE WRAP WITH YOGURT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>3</b> CHICKEN BISCUIT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK
<b>6</b>  NO SCHOOL	<b>7</b> CHEESE OMLET WRAP SALSA OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>8</b> SAUSAGE BISCUIT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>9</b> BREAKFAST COOKIE WITH YOGURT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>10</b> DONUT HOLES WITH SAUSAGE OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK
<b>13</b> BREAKFAST PIZZA OR CEREAL WITH GRAHAM CRACKER FRUIT JUICE MILK	<b>14</b> DUTCH WAFFLES WITH SAUSAGE OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>15</b> POWER BREAKFAST BISCUIT, GRAVY EGG ROUND & BACON OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>16</b> PANCAKE WRAP WITH YOGURT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>17</b> CHICKEN BISCUIT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK
<b>20</b> NO SCHOOL	<b>21</b> CHEESE OMLET WRAP SALSA OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>22</b> SAUSAGE BISCUIT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>23</b> BREAKFAST COOKIE WITH YOGURT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>24</b> DONUT HOLES WITH SAUSAGE OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK
<b>27</b> BREAKFAST PIZZA OR CEREAL WITH GRAHAM CRACKER FRUIT JUICE MILK	<b>28</b> DUTCH WAFFLES WITH SAUSAGE OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>29</b> POWER BREAKFAST BISCUIT, GRAVY EGG ROUND & BACON OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>30</b> PANCAKE WRAP WITH YOGURT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK	<b>31</b> CHICKEN BISCUIT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE MILK



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**



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



OCTOBER 13-17 LUNCH WEEK

MENU SUBJECT TO CHANGE.

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> CHICKEN NUGGETS MAC AND CHEESE CARROTS SAVORY GREEN BEANS GRAPES MILK	<b>2</b> MEAT & CHEESE CHALUPAS REFRIED BEANS GARDEN SALAD SALSA BLUEBERRIES PUDDING MILK	<b>3</b> CHEESEBURGER CHIPS TOMATO CUP BROCCOLI GARDEN SALAD PEARS MILK
<b>6</b> NO SCHOOL	<b>7</b> WALKING TACO CHARO BEANS FRESH VEGGIE CUP SEASONAL FRESH FRUIT COOKIE MILK	<b>8</b> PIZZA CHOICE BROCCOLI TOMATO CUP APPLESAUCE MILK	<b>9</b> POPCORN CHICKEN CHIPS CELERY CARROTS MIXED FRUIT SHERBET MILK	<b>10</b> CHEESEBURGER GARDEN SALAD SWEET POTATOES FRESH APPLE SLICES MILK
<b>13</b> CHEESEBURGER MACARONI ROLL CARROTS SAVORY GREEN BEANS SEASONAL FRESH FRUIT COOKIE MILK 	<b>14</b> CHICKEN QUESADILLA SALSA CHARO BEANS CUCUMBERS STRAWBERRY CUPS ICE CREAM CUP MILK 	<b>15</b> FRITO PIE CORNBREAD CORN TOMATO CUP FRUIT CUP MILK 	<b>16</b> ASIAN BOWL (ORANGE CHICKEN & RICE) EGG ROLL BROCCOLI FRESH VEGGIE CUP ORANGE SMILES MILK 	<b>17</b> CRISPY CHICKEN SANDWICH FRIES GARDEN SALAD  FRUITY GELATIN MILK 
<b>20</b> NO SCHOOL	<b>21</b> TEX-MEX STACK CHARO BEANS CARROTS SALSA HOT CINNAMON APPLES SHERBET MILK	<b>22</b> PIZZA CHOICE GARDEN SALAD CALIFORNIA BLEND VEGETABLES PEACHES MILK	<b>23</b> RANCHERO WRAP CORN CRUNCHY BROCCOLI SALAD FRESH APPLE SLICES COOKIE MILK	<b>24</b> CHEESEBURGER FRIES CUCUMBERS SALAD WATERMELON MILK
<b>27</b> X-TREME BURRITO CORN CUCUMBERS APPLESAUCE COOKIE MILK	<b>28</b> CHILI CHEESE TATCHOS CORNBREAD FRESH VEGGIE CUP STRAWBERRY CUP MILK	<b>29</b> CHICKEN NUGGETS MAC AND CHEESE CARROTS SAVORY GREEN BEANS GRAPES MILK	<b>30</b> MEAT & CHEESE CHALUPAS REFRIED BEANS GARDEN SALAD SALSA BLUEBERRIES PUDDING MILK	<b>31</b> CHEESEBURGER CHIPS TOMATO CUP BROCCOLI GARDEN SALAD PEARS MILK



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