

October 2026

ZEPHYR ISD



Announcements

BREAKFAST IS FREE FOR ALL STUDENTS.
BREAKFAST BEGINS @ 7:25

BELL RINGS AT 7:55



MENU SUBJECT TO CHANGE.

Monday	Tuesday	Wednesday	Thursday	Friday
			01 STUFFED BAGEL WITH CHEESE STICK OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	02 DONUT HOLES WITH SAUSAGE OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK
05 SAUSAGE KOLACHE WITH YOGURT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	06 CHICKEN BISCUIT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	07 POWER BREAKFAST BISUIT, GRAVY EGG ROUNDS & BACON OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	08 BREAKFAST PIZZA OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	09 DUTCH WAFFLES WITH SAUSAGE OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK
12 BREAKFAST COOKIE WITH YOGURT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	13 SAUSAGE BISCUIT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	14 WAFFLES WITH SAUSAGE OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	15 STUFFED BAGEL WITH CHEESE STICK OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	16 DONUT HOLES WITH SAUSAGE OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK
19 SAUSAGE KOLACHE WITH YOGURT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	20 CHICKEN BISCUIT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	21 POWER BREAKFAST BISUIT, GRAVY EGG ROUNDS & BACON OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	22 BREAKFAST PIZZA OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	23 DUTCH WAFFLES WITH SAUSAGE OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK
26 BREAKFAST COOKIE WITH YOGURT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	27 SAUSAGE BISCUIT OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	28 WAFFLES WITH SAUSAGE OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	29 STUFFED BAGEL WITH CHEESE STICK OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK	30 DONUT HOLES WITH SAUSAGE OR CEREAL WITH GRAHAM CRACKERS FRUIT JUICE AND MILK



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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



MENU SUBJECT TO
CHANGE.

Monday	Tuesday	Wednesday	Thursday	Friday
			01 WALKING TACO BROCCOLI CORN ORANGE SMILES MILK	02 CHEESEBURGER FRIES TOMATO CUP FRUIT CUP MILK
05 CHICKEN STRIPS FRIES ROLLS GRAVY TOMATO CUP FRUIT CUP MILK	06 CHICKEN FAJITAS CHARO BEANS CARROTS SALSA HOT CINNAMON APPLES ICE CREAM MILK	07 PIZZA CHOICE GARDEN SALAD CALIFORNIA BLEND VEGETABLES PEACHES MILK	08 POPCORN CHICKEN ROLL CORN CRUNCHY BROCCOLI SALAD FRESH APPLE SLICES MILK	09 FISH STICKS CORNBREAD FRIES COLESLAW STRAWBERRIES MILK
12 CHICKEN STRIPS ROLL CORN CUCUMBERS APPLESAUCE MILK	13 MEAT & CHEESE CHALUPAS BEANS GARDEN SALAD SALSA ORANGE SMILES PUDDING MILK	14 ASIAN BOWL (ORANGE CHICKEN) EGG ROLL CARROTS CELERY GRAPES MILK	15 NACHO GRANDE TOMATO CUP BROCCOLI PEARS MILK	16 CHICKEN SANDWICH FRIES FRESH VEGGIE CUP STRAWBERRIES & BANANAS MILK
19 STEAK FINGERS GRAVY ROLL MASHED POTATOES CUCUMBERS PEACHES MILK	20 FRITO PIE CHARO BEANS FRESH VEGGIE CUP SEASONAL FRESH FRUIT MILK	21 PIZZA CHOICE BROCCOLI TOMATO CUP APPLESAUCE MILK	22 BONELESS CHICKEN WINGS CHIPS CELERY CARROTS MIXED FRUIT SHERBET MILK	23 CHEESEBURGER GARDEN SALAD SWEET POTATO FRIES FRESH APPLE SLICES MILK
26 CHICKEN NUGGETS ROLL CARROTS SAVORY GREEN BEANS SEASONAL FRESH FRUIT COOKIE MILK	27 CHEESE QUESADILLA SALSA CHARO BEANS CUCUMBERS FRESH SEASONAL FRUIT MILK	28 SPAGHETTI BOWL BREADSTICK FRESH VEGGIE CUP GARDEN SALAD FRUITY GELATIN MILK	29 WALKING TACO BROCCOLI CORN ORANGE SMILES MILK	30 CHEESEBURGER FRIES TOMATO CUP FRUIT CUP MILK



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