BREAKFAST

PAID: $1.80 REDUCED: 40¢

ADULTS/GUEST: $2.50

AUGUST 2024
LITTLE ZEBBIE'S DINER

Manager Dena Lahman

Joann Shaffer **Mary Loving**
Wendy Sutton **Madison Castro**
Lisa Townsend



Monday	Tuesday	Wednesday	Thursday	Friday
			1 **NO SCHOOL**	2 MINI CHOCOLATE DONUTS CINNAMON TOAST CRUNCH DICED PEACHES GRAPE JUICE MILK
5 SUPER STAR POWDERED DONUT APPLE JACKS APRICOTS APPLE JUICE MILK	6 CONFETTI PANCAKES APPLE JACKS APPLESAUCE GRAPE JUICE MILK	7 CEREAL BAR W/CHEESE STICK APPLE JACKS W/CHEESE STICK DICED PEACHES ORANGE JUICE MILK	8 GOOD GRAVY PIZZA APPLE JACKS DICED PEARS APPLE JUICE MILK	9 CHERRY FRUDEL W/ICING APPLE JACKS W/CHEESE STICK FRUIT SALAD GRAPE JUICE MILK
12 PULL APART DONUTS TRIX BANANA ORANGE JUICE MILK	13 MINI MAPLE WAFFLES TRIX DICED PEACHES APPLE JUICE MILK	14 BANANA ELFIN LOAF TRIX DICED PEARS GRAPE JUICE MILK	15 PANCAKE ON A STICK TRIX W/CHEESE STICK GRAPES ORANGE JUICE MILK	16 EGG & CHEESE OMELET TRIX W/CHEESE STICK STRAWBERRIES APPLE JUICE MILK
19 CHOCOLATE OATMEAL COOKIE CINNAMON TOAST CRUNCH CEREAL APPLE SLICES GRAPE JUICE MILK	20 MINI CHOCOCLATE CHIP FRENCH TOAST CINNAMON TOAST CRUNCH CEREAL PINEAPPLE TIDBITS ORANGE JUICE MILK	21 STRAWBERRY POPTART CINNAMON TOAST CRUNCH CEREAL MIXED FRUIT APPLE JUICE MILK	22 BREAKFAST PIZZA CINNAMON TOAST CRUNCH CEREAL W/CHEESE STICK APPLE SLICES GRAPE JUICE MILK	23 SAUSAGE & CHEESE BISCUIT CINNAMON TOAST CRUNCH CEREAL W/CHEESE STICK CANTALOUPE WEDGE ORANGE JUICE MILK
26 MINI CHOCOLATE DONUTS COCOA PUFFS WATERMELON WEDGE APPLE JUICE MILK	27 MINI PANCAKES COCOA PUFFS DICED PEACHES GRAPE JUICE MILK	28 CINNAMON STRUESUAL MUFFIN W/CHEESE STICK COCOA PUFFS W/CHEESE STICK MIXED FRUIT ORANGE JUICE MILK	29 MINI CREAM CHEESE BAGELS COCOA PUFFS GRAPES APPLE JUICE MILK	30 CEREAL BLAST WAFFLE COCOA PUFFS W/CHEESE STICK WATERMELON GRAPE JUICE MILK

OFFERED DAILY
Choice of Milk, Juice and Fresh Fruits

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY
Breakfast Mon., Tues., Thurs. & Fri. 7:30 am Wed. 7:45 am

ALACART Milk .40

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

LUNCH

PAID: $2.85 REDUCED: 40¢

ADULTS/GUEST: $4.60

AUGUST 2024
LITTLE ZEBBIE'S DINER

Manager Dena Lahman

Joann Shaffer
Wendy Sutton
Lisa Townsend
Mary Loving
Madison Castro



Monday	Tuesday	Wednesday	Thursday	Friday
			1 **NO SCHOOL**	2 HAM, TURKEY & CHEESE SANDWICH WG SUNCHIPS BABY CARROTS CAULIFLOWER BITES GRAPES MILK 1st Day School
5 FRENCH TOAST STICKS SAUSAGE PATTY HASH BROWN STARZ DRAGON JUICE APPLESAUCE MILK	6 HAMBURGER W/CHEESE BAKED BEANS FRENCH FRIES DICED PEACHES MILK	7 BOSCO STICKS W/PIZZA SAUCE SEASONED CORN ROMAINE SALAD FRUIT SLUSHY MILK	8 CHICKEN & NOODLES WG DINNER ROLL SEASONED GREEN BEANS MASHED POTATOES FRESH FRUIT SALAD MILK	9 GOGURT W/CHEESE STICK TATOR TOTS BABY CARROTS BANANA WG COOKIE MILK
12 HOT DOG W/CONEY SAUCE BAKED BEANS FRENCH FRIES DICED PEACHES MILK	13 NACHOS W/MEAT SAUCE SEASONED BLACK BEANS BUTTERED CORN DICED PEARS MILK	14 POPCORN CHICKEN POTATO WEDGES W/CHEESE CUCUMBER SLICES GRAPES MILK	15 CHICKEN CASSEROLE WG BISCUIT SEASONED GREEN BEANS MASHED POTATOES STRAWBERRIES MILK	16 FRENCH BREAD PIZZA W/PIZZA SAUCE ROMAINE SALAD BABY CARROTS GOLDEN APPLE SLICES ICE CREAM CUP MILK
19 CHICKEN PATTY SANDWICH BAKED BEANS FRENCH FRIES DICED PEACHES MILK	20 GOULASH GARLIC CHEESE FLATBREAD BUTTERED CORN CELERY STICKS MIXED FRUIT MILK	21 CHICKEN NUGGETS EMOTION POTATOES GRAPE TOMATOES RED APPLE SLICES MILK	22 COUNTRY BAKED STEAK W/GRAVY CORNBREAD LOAF MASHED POTATOES FRESH CAULIFLOWER CANTALOUPE WEDGE MILK	23 SAUSAGE PIZZA ROMAINE SALAD BABY CARROTS WATERMELON WEDGE MILK
26 MINI CORN DOGS BAKED BEANS FRENCH FRIES SMURF APPLESAUCE MILK	27 HAM SLICE MAC & CHEESE SEASONED CARROTS BUTTERED CORN MIXED FRUIT MILK	28 TURKEY, HAM & CHEESE SUB WG DORITOS CUCUMBER SLICES CELERY STICKS DICED PEACHES MILK	29 CHICKEN STRIPS SEASONED GREEN BEANS POTATO WEDGES WATERMELON MILK	30 PIZZA DIPPERS W/PIZZA SAUCE ROMAINE SALAD BABY CARROTS GRAPES MILK

OFFERED DAILY
Choice of Milk, Juice and Fresh
Canned and Fresh Fruit

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER
MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

ALACART Milk .40

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

Discover School Breakfast!

WHY EAT BREAKFAST?

- It's a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you "charged up" for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting the day with a healthy breakfast revs your metabolism and keeps it going strong for the rest of the day.
- Studies show that when you eat breakfast, you are less likely to overeat during the day.

WHAT DO OTHER KIDS SAY ABOUT EATING BREAKFAST?

- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"







WHAT'S FOR BREAKFAST?

Cereal	Fruit
Toast	Waffles
Muffins	Hot Cereal
Sweet	Bagels
Rolls	English Muffins
Pancakes	Milk
Eggs	





This institution is an equal opportunity provider.

USDA
United States Department of Agriculture

FNS USE ONLY SOLO PARA FNS



In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), age, disability, and reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, and American Sign Language) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at **(202) 720-2600** (voice and TTY) or contact USDA through the Federal Relay Service at **(800) 877-8339**.

To file a program discrimination complaint, a complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form, which can be obtained online, at https://www.usda.gov/sites/default/files/documents/ad-3027.pdf, from any USDA office, by calling **(866) 632-9992**, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442; or

email:
program.intake@usda.gov.

This institution is an equal opportunity provider.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo (incluyendo identidad de genero y orientacion de sexual), edad, discapacidad,venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles.

La información del programa puede estar disponible en otros idiomas además del inglés. Las personas con discapacidades que requieran medios de comunicación alternativos para obtener información sobre el programa (por ejemplo, Braille, letra agrandada, grabación de audio y lenguaje de señas americano) deben comunicarse con la agencia estatal o local responsable que administra el programa o con el TARGET Center del USDA al **(202) 720-2600** (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al **(800) 877-8339**.

Para presentar una queja por discriminación en el programa, el reclamante debe completar un formulario AD-3027, Formulario de queja por discriminación del programa del USDA, que se puede obtener en línea, en https://www.usda.gov/sites/default/files/documents/ad-3027s.pdf, en cualquier oficina del USDA, llamando al **(866) 632-9992**, o escribiendo una carta dirigida al USDA. La carta debe contener el nombre, la dirección y el número de teléfono del reclamante, y una descripción escrita de la supuesta acción discriminatoria con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR, por sus siglas en inglés) sobre la naturaleza y la fecha de la presunta violación de los derechos civiles. La carta o el formulario AD-3027 completado debe enviarse al USDA por medio de:

correo postal:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; o´

fax:
(833) 256-1665 o´ (202) 690-7442; o´

correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.