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?

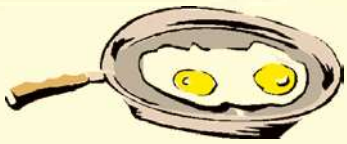
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



WHAT'S FOR BREAKFAST?







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



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USDA
United States Department of Agriculture

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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.

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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.

BREAKFAST

PAID: $1.80 REDUCED: .30¢
ADULTS/GUEST: $2.50

APRIL 2025

LITTLE ZEBBIE'S DINER

Manager Dena Lahman
Wendy Sutton
Mary Loving
Joann Shaffer
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
	1 MINI WAFFLES FROOT LOOPS DICED PEARS ORANGE JUICE MILK	2 BANANA ELFIN LOAF FROOT LOOPS MIXED FRUIT APPLE JUICE MILK	3 BREAKFAST PIZZA FROOT LOOPS W/STRING CHEESE ORANGE SMILES GRAPE JUICE MILK	4 HAM & CHEESE BISCUIT FROOT LOOPS W/STRING CHEESE DICED PEACH CUP ORANGE JUICE MILK
7 GLAZED PULL APART DONUT LUCKY CHARMS GRAPES APPLE JUICE MILK	8 MINI PANCAKES LUCKY CHARMS W/STRING CHEESE APPLESAUCE GRAPE JUICE MILK	9 MUFFIN LUCKY CHARMS W/STRING CHEESE DICED PEARS ORANGE JUICE MILK	10 GOOD GRAVY PIZZA LUCKY CHARMS MIXED FRUIT APPLE JUICE MILK	11 FRUIT FRUDEL W/ICING LUCKY CHARMS STRAWBERRIES GRAPE JUICE MILK
14 MINI CHOCOLATE DONUTS APPLE JACKS DICED PEACH CUP ORANGE JUICE MILK	15 CONFETTI PANCAKES APPLE JACKS W/STRING CHEESE DICED PEARS APPLE JUICE MILK	16 POP TART APPLE JACKS W/STRING CHEESE WARM APPLE SLICES GRAPE JUICE MILK	17 MINI PANCAKE WRAPS APPLE JACKS DICED PEACH CUP ORANGE JUICE MILK	18 **NO SCHOOL** **MAKE-UP DAY**
21 STAR POWDERED DONUTS CINNAMON TOAST CRUNCH DICED PEACH CUP APPLE JUICE MILK	22 MINI WAFFLES CINNAMON TOAST CRUNCH MIXED FRUIT GRAPE JUICE MILK	23 BANANA ELFIN LOAF CINNAMON TOAST CRUNCH W/STRING CHEESE DICED PEARS ORANGE JUICE MILK	24 PANCAKE ON A STICK CINNAMON TOAST CRUNCH APPLESAUCE GRAPE JUICE MILK	25 SAUSAGE & CHEESE BISCUIT CINNAMON TOAST CRUNCH W/STRING CHEESE STRAWBERRIES APPLE JUICE MILK
28 GLAZED DONUT HOLES COCOA PUFFS MIXED FRUIT ORANGE JUICE MILK	29 CHOCOLATE CHIP FRENCH TOAST COCOA PUFFS STRAWBERRIES GRAPE JUICE MILK	30 MINI CINNIS COCOA PUFFS DICED PEACH CUP APPLE 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

APRIL 2025
LITTLE ZEBBIE'S DINER

Manager Dena Lahman
Wendy Sutton
Mary Loving
Joann Shaffer
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
	1 SMOKED SAUSAGE LINKS CINNAMON ROLL MACARONI & CHEESE BUTTERED PEAS CHERRY MIXED FRUIT MILK	2 BEEF TACO W/BREADSTICK ROMAINE SALAD GRAPE TOMATO FRESH ORANGE SMILES MILK	3 CHICKEN & NOODLES W/DINNER ROLL GREEN BEANS MASHED POTATOES DICED PEACHES MILK	4 SUB SANDWICH SUNCHIPS BABY CARROTS CELERY STICKS GRAPES MILK
7 FRENCH TOAST STICKS SAUSAGE PATTY HASH BROWN STARZ CELERY STICKS APPLESAUCE MILK	8 GRILLED HAM & CHEESE POTATO SMILES BUTTERED PEAS DICED PEARS MILK	9 BACON CHEESEBURGER BAKED BEANS BABY CARROTS FRESH CAULIFLOWER APPLE MILK	10 CHICKEN CASSEROLE W/BISCUIT TOSSED SALAD GREEN BEANS STRAWBERRIES MILK	11 CORN DOG ON A STICK FRENCH FRIES FRESH BROCCOLI FRUIT SLUSHY MILK
14 HOT DOG BAKED BEANS FRENCH FRIES APPLESAUCE MILK	15 SAUSAGE GRAVY W/BISCUIT DICED POTATOES GRAPE TOMATOES WARM APPLE SLICES MILK	16 PIZZA LUNCHABLE W/PIZZA SAUCE ROMAINE SALAD BABY CARROTS DICED PEACHES MILK	17 HAM SLICE W/DINNER ROLL MASHED POTATOES GREEN BEANS CLEMENTINE PINEAPPLE UPSIDE DOWN CAKE MILK	18 **NO SCHOOL** **MAKE-UP DAY**
21 CHICKEN NUGGETS W/BREADSTICK BAKED BEANS EMOJI POTATOES CHERRY MIXED FRUIT MILK	22 PIZZA CRUNCHERS ROMAINE SALAD RED PEPPER RINGS DICED PEARS DIRT PUDDING MILK ***EARTH DAY***	23 GOGURT W/CHEESE STICK CEREAL TATOR TOTS 100% JUICE BOX APPLESAUCE MILK	24 CHICKEN & NOODLES W/DINNER ROLL GREEN BEANS MASHED POTATOES STRAWBERRIES MILK	25 CHEESE PIZZA BABY CARROTS FRESH BROCCOLI GRAPES MILK
28 FISH SHAPES BAKED BEANS TATOR TOTS STRAWBERRIES MILK	29 GRILLED HAM & CHEESE POTATO SMILES BUTTERED PEAS DICED PEARS MILK	30 CHICKEN SOFT TACO W/BREADSTICK ROMAINE SALAD GRAPE TOMATOES FRESH ORANGE SMILES MILK		

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Choice of Milk, Juice, Fresh
And canned Fruits & Vegetables

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