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

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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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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:
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correo electrónico:
program.intake@usda.gov.

Esta institución ofrece igualdad de oportunidades.

Offer Versus Serve (OVS) at Breakfast

Notification Letter for Households

Our school nutrition department participates in the School Breakfast Program, and implements Offer versus Serve. OVS allows students to decline some of the food offered as part of a complete meal. The goals of OVS are to reduce food waste in the school nutrition programs and to allow students more customization of the meal they select. For general OVS guidelines, please read the Understanding the Breakfast Line section below.

Understanding the Breakfast Line

At breakfast, all students have the opportunity to take, at a minimum, **milk**, **fruit**, and **grains**. We also may add **protein** and **vegetables** to the breakfast offerings. While the most nutritious breakfast contains all of the offered items, we understand that sometimes our students do not like some of the items we serve. To make our customers happy, we like to give them the option to decline items they do not want to eat.

For breakfast, students must choose at least three offered items for their meal. One of the items selected must be a fruit or vegetable.

Example Menu for Breakfast*

Egg Sandwich on a Biscuit (noted here as one item)
1/2 cup **Seasoned Potatoes**
1 cup **Strawberries**
8oz of **Milk**

With Offer versus Serve at breakfast, your student could choose:

- Seasoned Potatoes, Strawberries, and Milk (**Vegetable** + **Fruit** + **Milk**)
- Biscuit Sandwich, Strawberries, and Milk (**Grain** + **Fruit** + **Milk**)
- Biscuit Sandwich, Strawberries, and Seasoned Potatoes (**Grain** + **Fruit** + **Vegetable**)

Even though the school participates in Offer versus Serve, students are not required to decline items and can take all items offered. The choice is up to them! If your student comes home and says they did not get enough to eat at breakfast, ask if they are taking all of the items offered to them. Don't hesitate to reach out to Wendy Bower Food Service Director, wendy.bower@zebras.net , if you have any questions about the menu.

*Keep in mind that some cafeterias offer multiple options within each food group and many offer different serving styles such as breakfast in the classroom. Talk with our team if you have any questions about the choices your student has at breakfast.

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Offer Versus Serve (OVS) at Lunch

Notification Letter for Households

Our school nutrition department participates in the National School Lunch Program, and implements Offer versus Serve. Offer versus Serve allows students to decline some of the food offered as part of a complete meal. The goals of Offer versus Serve are to reduce food waste in the school nutrition programs and to allow students more customization of the meal they select. For general OVS guidelines, please read the Understanding the Lunch Line section below.

Understanding the Lunch Line
All schools are required by USDA guidelines to have adequate signage posted in the cafeteria and on the serving line to help explain how students can create a complete meal. The friendly staff at your child's school are happy to help as well.

At lunch, all students have the opportunity to choose from menu items that fall within five important food groups, including **milk**, **protein**, **fruits**, **vegetables**, and **grains**. While the most nutritious lunch contains all of the offered items, we understand that sometimes our students do not like some of the items we serve. To make our customers happy, we like to give them the option to decline items they do not want to eat.

Out of the five food groups your student is offered, they must choose at least three food groups to make a complete meal. One of the selections must be at least ½ cup of fruit or vegetable. Students who do not create a complete meal will be charged a la carte pricing for the items selected.

Example Menu for Lunch*
Chicken Soft Taco
1/2 cup **Black Beans**
1/2 cup **Fiesta Corn**
1/2 cup **Strawberries**
1/2 cup **Diced Peaches**
8oz of **Milk**

With Offer Versus Serve at lunch, your student could choose:

- Chicken Soft Taco and Fiesta Corn (**Protein** + **Grain** + **Vegetable** = 3 food groups)
- Chicken Soft Taco, Strawberries, and Milk (**Protein** + **Grain** + **Fruit** + **Milk** = 4 food groups)
- Black Beans, Fiesta Corn, Strawberries, Milk (**Vegetable** + **Vegetable** + **Fruit** + **Milk** = 3 food groups)

Even though the school participates in Offer versus Serve, students are not required to decline items, in fact they're encouraged to take all five food groups, but the choice is up to them! If your student comes home and says they did not get enough to eat at lunch, ask if they are taking all of the food group offerings. Don't hesitate to reach out to Wendy Bower Food Service Director, wendy.bower@zebras.net , if you have any questions about the offered menu.

*Keep in mind that some cafeterias offer multiple options within each food group. Sitting down with young children to review the menu ahead of time will help ensure they are prepared as they come to the cafeteria for lunch.

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BREAKFAST

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

FEBRUARY 2025
RIDDLE ELEMENTARY CAFE

Manager Linda Turnipseed
Valerie Conley
Debra Early
Jill Thomas
Stephanie Miller

Monday	Tuesday	Wednesday	Thursday	Friday
3 FRENCH TOAST CINNAMON TOAST CRUNCH APPLESAUCE ORANGE JUICE	4 WARM MUFFIN CINNAMON TOAST CRUNCH SLICED PEARS APPLE JUICE	5 FRUIT FRUDEL W/ICING CINNAMON TOAST CRUNCH FRUIT COCKTAIL GRAPE JUICE	6 MINI PANCAKES CINNAMON TOAST CRUNCH W/STRING CHEESE WARM APPLE SLICES FRUIT PUNCH	7 CINNA MINI CINNAMON TOAST CRUNCH W/ STRING CHEESE PEACHES ORANGE JUICE
10 WARM CREAM CHEESE BAGEL COCOA KRISPIES CUTIE APPLE JUICE	11 GRAVY BREAKFAST PIZZA COCOA KRISPIES MIXED FRUIT GRAPE JUICE	12 PULL APART DONUTS COCOA KRISPIES FLAVORED APPLESAUCE FRUIT PUNCH	13 MINI WAFFLES COCOA KRISPIES W/ STRING CHEESE SLICED PEARS ORANGE JUICE	14 CHOCOLATE DONUTS COCOA KRISPIES W/ STRING CHEESE FRUIT COCKTAIL APPLE JUICE
17 NO SCHOOL	18 PANCAKE ON A STICK LUCKY CHARMS KIWI FRUIT PUNCH	19 BISCUITS & GRAVY LUCKY CHARMS WARM APPLE SLICES ORANGE JUICE	20 GLAZED DONUTS LUCKY CHARMS W/ STRING CHEESE PEACHES APPLE JUICE	21 FRENCH TOAST LUCKY CHARMS W/ STRING CHEESE FRUIT COCKTAIL GRAPE PUNCH
24 POWDERED DONUTS COCOA PUFFS PEARS FRUIT PUNCH	25 RED BREAKFAST PIZZA COCOA PUFFS MIXED FRUIT ORANGE JUICE	26 CINNAMON ROLL COCOA KRISPIES PEACHES APPLE JUICE	27 BANANA OATMEAL CHOCOLATE CHIP COOKIE COCOA PUFFS W/ STRING CHEESE APPLESAUCE GRAPE JUICE	28 CINNAMON TOAST CRUNCH SANDWICH COCOA PUFFS W/ STRING CHEESE BANANA FRUIT PUNCH



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

FEBRUARY 2025
RIDDLE ELEMENTARY CAFE

Manager Linda Turnipseed
Valerie Conley
Debra Early
Jill Thomas
Stephanie Miller

Monday	Tuesday	Wednesday	Thursday	Friday
3 CHICKEN CHUNKS POTATO EMOJI SEASONED PEAS DICED PEACHES GALA APPLE	4 WALKING TACOS SEASONED REFRIED BEANS ROMAINE LETTUCE SHREDDED CHEESE FLAVORED APPLESAUCE MIXED FRUIT	5 MINI CALZONETTES W/PIZZA SAUCE SEASONED CARROTS ROMAINE SALAD APPLESAUCE GRAPES	6 CHICKEN AND NOODLES W/ROLL MASHED POTATOES SEASONED CORN GOLDEN DELICIOUS APPLES PEARS	7 SUB SANDWHICH CHIPS BABY CARROTS CELERY RED APPLE DICED PEACHES
10 PEPPERONI RIPPERS MIXED VEGETABLES CUCUMBER SLICES DICED PEACHES KIWI	11 ROTINI W/MEAT SAUCE ROMAINE SALAD BROCCOLI MIXED FRUIT GOLDEN DELICIOUS APPLES	12 CORN DOG BAKED BEANS FRENCH FRIES CUTIES RED DELICIOUS APPLE	13 HOT HAM & CHEESE CHIPS BABY CARROTS RED RADISHES GALA APPLE PEARS	14 BIG DADDY PIZZA HASHBROWNS BROCCOLI CAULIFLOWER APPLESAUCE STRAWBERRIES WHITE CAKE VALENTINE'S DAY
17 NO SCHOOL	18 BBQ PORK SANDWICH MIXED VEGETABLES PEPPERS WARM APPLE SLICES ORANGE COOKIE	19 SPAGHETTI W/MEAT SAUCE ROMAINE SALAD SEASONED CARROTS PEACHES GOLDEN DELICIOUS APPLES	20 HAMBURGER W/CHEESE ONION RINGS BAKED BEANS FRESH CAULIFLOWER FLAVORED APPLESAUCE SLICED PEARS	21 SLOPPY JOE STEAMED CARROTS CUCUMBER SLICES BANANA PEARS BROWNIE
24 BOSCO W/MARINARA SAUCE BROCCOLI FRENCH FRIES MANDARIN ORANGES RED DELICIOUS APPLE	25 WALKING TACOS SEASONED REFRIED BEANS ROMAINE LETTUCE SHREDDED CHEESE MIXED FRUIT KIWI	26 CHICKEN SANDWICH SEASONED CORN FRIES DICED PEACHES GRAPES	27 CHILI W/CINNAMON ROLL PEPPERS CELERY GOLDEN DELICIOUS APPLES PEARS	28 BIG DADDY PIZZA CALIFORNIA BLEND BABY CARROTS CUTIES FRUIT COCKTAIL



OFFERED DAILY
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Canned and Fresh Fruit & Vegetables

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