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.

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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

FEBRUARY 2025

LITTLE ZEBBIE'S DINER BREAKFAST MENU

Manager Dena Lahman
Joann Shaffer
Mary Loving
Wendy Sutton
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
3 Donut Ring Froot Loops Diced Peach Cup Apple Juice Milk	4 Chocolate Chip French Toast Froot Loops Diced Pears Grape Juice Milk	5 Warm Muffin Froot Loops W/String Cheese Applesauce Orange Juice Milk	6 Breakfast Pizza Froot Loops Pineapple Tidbits Apple Juice Milk	7 Ham & Cheese Biscuit Froot Loops W/String Cheese Mixed Fruit Grape Juice Milk
10 Mini Blueberry Donuts Apple Jacks Banana Orange juice Milk	11 Mini Waffles Apple Jacks W/String Cheese Diced Peach Cup Apple Juice Milk	12 Elfin Loaf Apple Jacks W/String Cheese Diced Pears Grape Juice Milk	13 Pancake on a Stick Apple Jacks Mixed Fruit Orange Juice Milk	14 Fruit Frudel W/Icing Apple Jacks Warm Apple Slices Apple Juice Milk
17 **NO SCHOOL**	18 Mini Pancakes Cinnamon Toast Crunch W/String Cheese Applesauce Orange Juice Milk	19 Warm Muffin Cinnamon Toast Crunch W/String Cheese Diced Peach Cup Apple Juice Milk	20 Good Gravy Pizza Cinnamon Toast Crunch Diced Pears Grape Juice Milk	21 Glazed Pull Apart Donut Cinnamon Toast Crunch Apple Crisp Orange Juice Milk
24 Mini Powdered Donuts Cocoa Puffs Grapes Apple Juice Milk	25 Mini French Toast W/String Cheese Cocoa Puffs Applesauce Grape Juice Milk	26 Banana Oatmeal Chocolate Chip Cookie Cocoa Puffs Diced Peach Cup Orange Juice Milk	27 Pancake on a Stick Cocoa Puffs Mixed Fruit Apple Juice Milk	28 Sausage & Cheese Biscuit W/String Cheese Cocoa Puffs Diced Pears 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

FEBRUARY 2025

LITTLE ZEBBIE'S DINER LUNCH MENU

Manager Dena Lahman
Joann Shaffer
Mary Loving
Wendy Sutton
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Patty Sandwich Baked Beans Potato Wedges Diced Pears Milk	4 Ham Slice Macaroni & Cheese Seasoned Carrots Seasoned Peas Diced Peaches Milk	5 Pasta W/Meat Sauce Steamed Broccoli 100% Juice Box Clementine Milk	6 Chicken Strips Green Beans Mashed Potatoes Fruit Cocktail Milk	7 French Bread Pizza W/Pizza Sauce Baby Carrots Cucumbers Banana Milk
10 Hot Ham & Cheese Baked Beans French Fries Applesauce Milk	11 Grilled Cheese Tomato Soup Seasoned Corn Diced Pears Milk	12 Ravioli Garlic Bread Seasoned Broccoli Seasoned Carrots Smurf Mixed Fruit Milk	13 Turkey Slice W/Gravy Dinner Roll Mashed Potatoes Seasoned Mixed Vegetables Warm Apple Slices Milk	14 Chicken Nuggets Emoji Potatoes Baby Carrots Strawberries White Cake W/Icing Milk VALENTINE'S DAY
17 NO SCHOOL	18 Hamburger W/Cheese Slice Baked Beans French Fries Diced Peaches Milk	19 Walking Taco Romaine Salad Seasoned Corn Diced Pears Milk	20 Chicken & Noodles Dinner Roll Green Beans Mashed Potatoes Apple Crisp Milk	21 Cheese Stuffed Breadstick W/Pizza Sauce Baby Carrots Celery Sticks Grapes Milk
24 Emoji Waffles Ham Slice Tator Tots 100% Juice Box Applesauce Milk	25 Tenderloin Sandwich Potato Wedges Cowboy Beans Diced Peaches Milk	26 Cheese Pizza Romaine Salad Grape Tomatoes Fruit Cocktail Milk	27 Chicken Drumstick California Blend W/Cheese Sauce Mashed Potatoes Diced Pears Milk	28 Mini Corn Dogs Emoji Potatoes Baby Carrots Fruit Slushy Milk



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

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ALACART Milk .40

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