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.

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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

MARCH 2025

LITTLE ZEBBIE'S DINER BREAKFAST MENU

Manager Dena Lahman
Joann Shaffer
Mary Loving
Wendy Sutton
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
3 GLAZED PULL APART DONUT LUCKY CHARMS DICED PEACH CUP APPLE JUICE MILK	4 MINI PANCAKES LUCKY CHARMS W/STRING CHEESE STRAWBERRIES GRAPE JUICE MILK	5 MUFFIN LUCKY CHARMS W/STRING CHEESE MIXED FRUIT ORANGE JUICE MILK	6 GOOD GRAVY PIZZA LUCKY CHARMS ORANGE SLICES APPLE JUICE MILK	7 FRUIT FRUDEL W/ICING LUCKY CHARMS DICED PEARS GRAPE JUICE MILK
10 MINI CHOCOLATE DONUT APPLE JACKS GRAPES ORANGE JUICE MILK	11 CONFETTI PANCAKES APPLE JACKS W/STRING CHEESE DICED PEACH CUP APPLE JUICE MILK	12 POP TART APPLE JACKS W/STRING CHEESE DICED PEARS GRAPE JUICE MILK	13 MINI PANCAKE WRAPS LUCKY CHARMS APPLESAUCE ORANGE JUICE MILK	14 EGG & CHEESE OMELET W/GRAIN LUCKY CHARMS STRAWBERRIES APPLE JUICE MILK
17 SPRING BREAK NO SCHOOL	18 SPRING BREAK NO SCHOOL	19 SPRING BREAK NO SCHOOL	20 SPRING BREAK NO SCHOOL	21 SPRING BREAK NO SCHOOL
24 INTERSESSION NO SCHOOL	25 INTERSESSION NO SCHOOL	26 INTERSESSION NO SCHOOL	27 INTERSESSION NO SCHOOL	28 SPRING BREAK NO SCHOOL
31 BLUEBERRY DONUTS FROOT LOOPS APPLESAUCE 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

MARCH 2025
LITTLE ZEBBIE'S DINER BREAKFAST MENU

Manager Dena Lahman
Joann Shaffer
Mary Loving
Wendy Sutton
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
3 One Fish Two Fish Red Fish Blue Fish Shapes W/Dinner Roll Fox in the Socks Tator Tots Battle Baked Beans Pink in Ink Strawberries White Cake Milk	4 Smoked Sausage Link Cinnamon Roll Macaroni & Cheese Buttered Peas Mixed Fruit Milk	5 Soft Beef Taco Breadstick Romaine Salad Grape Tomatoes Fresh Orange Milk	6 Chicken & Noodles Dinner Roll Green Beans Mashed Potatoes Diced Peaches Milk	7 Bosco Stick W/Pizza Sauce Baby Carrots Celery Sticks Grapes Sherbet Milk
10 French Toast Sticks Sausage Patty Potato Starz Applesauce Milk	11 Grilled Ham & Cheese Potato Smiles Buttered Peas Diced Peaches Milk	12 Hamburger w/Bacon and Cheese Baked Beans Baby Carrots Fresh Cauliflower Apple Milk	13 Chicken Casserole Biscuit Romaine Salad Grape Tomatoes Strawberries Milk	14 Corn Dog on a Stick French Fries Cucumber Slices Orange Smiles Milk
17 SPRING BREAK NO SCHOOL	18 SPRING BREAK NO SCHOOL	19 SPRING BREAK NO SCHOOL	20 SPRING BREAK NO SCHOOL	21 SPRING BREAK NO SCHOOL
24 INTERSESSION NO SCHOOL	25 INTERSESSION NO SCHOOL	26 INTERSESSION NO SCHOOL	27 INTERSESSION NO SCHOOL	28 SPRING BREAK NO SCHOOL
31 Fish Shapes Baked Beans Tator Tots Strawberries Milk				

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

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ALACART Milk .40

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