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?

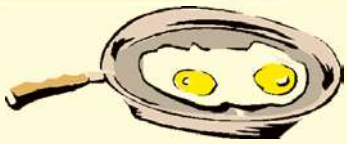
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



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: $2.00 REDUCED: .30¢
ADULTS/GUEST: $2.50

JANUARY 2026
LITTLE ZEBBIE'S DINER

Manager Dena Lahman
Wendy Sutton
Mary Loving
JoAnn Shaffer
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **WINTER BREAK**	2 **WINTER BREAK**
5 Mini Chocolate Donuts Lucky Charms Cereal Cheese Stick Diced Peach Cup Apple Juice Milk	6 Mini Blueberry Pancakes Lucky Charms Cereal Diced Pears Grape Juice Milk	7 Warm Cinnamon Poptart Lucky Charms Cereal Cheese Stick Applesauce Orange Juice Milk	8 Maple Pancake Wrap Lucky Charms Mixed Fruit Fruit Punch Milk	9 Banana Split Parfait Lucky Charms Strawberries Fruit Punch Milk
12 Mini Cinnamon & Sugar Cake Donuts Apple Cinnamon Cheerios Cheese Stick Strawberries Grape Juice Milk	13 Mini Waffles Apple Cinnamon Cheerios Warm Apple Slices Orange Juice Milk	14 Warm Cinnamon Muffin Apple Cinnamon Cheerios Cheese Stick Diced Peaches Fruit Punch Juice Milk	15 Good Gravy Pizza Apple Cinnamon Cheerios Diced Pears Apple Juice Milk	16 Cherry Frudel W/Icing Apple Cinnamon Cheerios Applesauce Grape Juice Milk
19 Strawberry Loaf Trix Cereal Diced Peach Cup Fruit Punch Juice Milk	20 Mini Confetti Pancakes Trix Cereal Warm Apple Slices Apple Juice Milk	21 Cinnamon Streusel Muffin Trix Cereal Cheese Stick Strawberries Grape Juice Milk	22 Breakfast Paco Trix Cereal Flavored Applesauce Fruit Punch Milk	23 Breakfast Bites Trix Cereal Cheese Stick Mixed Fruit Apple Juice Milk
26 Mini Chocolate Donuts Lucky Charms Cereal Cheese Stick Diced Peach Cup Apple Juice Milk	27 Mini Blueberry Pancakes Lucky Charms Cereal Diced Pears Grape Juice Milk	28 Warm Cinnamon Poptart Lucky Charms Cereal Cheese Stick Applesauce Orange Juice Milk	29 Maple Pancake Wrap Lucky Charms Mixed Fruit Fruit Punch Milk	30 Banana Split Parfait Lucky Charms Strawberries Fruit Punch Milk

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

USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER
MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY
BREAKFAST MON., TUES., and THURS. & FRI. 7:30 AM WED. 7:45 AM

ALACART MILK .40

MY SCHOOL BUCKS — PAY FOR MEALS ONLINE — MySchoolBucks.com

LUNCH

PAID: $3.00 REDUCED: .40¢
ADULTS/GUEST: $4.60

JANUARY 2026
LITTLE ZEBBIE'S DINER

Manager Dena Lahman
Wendy Sutton
Mary Loving
JoAnn Shaffer
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **WINTER BREAK**	2 **WINTER BREAK**
5 Sloppy Joe Sandwich Wow Butter & Jelly Sweet Potato Fries W/ Marshmallow Dip Seasoned Corn Diced Pears Milk	6 Chicken Nuggets W/ Dinner Roll Wow Butter & Jelly Baked Beans Potato Wedges Applesauce Milk	7 Chili Soup W/ Cornbread Loaf Wow Butter & Jelly Baby Carrots Celery Sticks Strawberries Milk	8 Chicken & Noodles W/ Dinner Rolls Wow Butter & Jelly Seasoned Green Beans Mashed Potatoes Peach Crisp Milk	9 Hot Ham & Cheese Wow Butter & Jelly French Fries Green Pepper Rings Orange Slices Milk
12 Chicken Drumstick Yogurt/String Cheese Pack Macaroni & Cheese Baked Beans Cucumber Slices Smurf Jell-O W/Mixed Fruit Milk	13 French Toast Sticks W/ Sausage Patty Yogurt/String Cheese Pack Potato Wedges Seasoned Carrots Peach Cup Milk	14 Ravioli W/ Garlic Bread Yogurt/String Cheese Pack California Blend W/Cheese Tossed Romaine Salad Applesauce Milk	15 Turkey Slices W/Gravy W/ Dinner Roll Yogurt/String Cheese Pack Seasoned Green Bean Mashed Potatoes Strawberries W/ White Cake Milk	16 Sausage Pizza Yogurt/String Cheese Pack Baby Carrots Celery Sticks Warm Apple Slices Milk
19 Emoji Waffles W/ Chicken Bites Wow Butter & Jelly Tator Tots Dragon Punch Juice Diced Pears Milk	20 Turkey & Cheese Wow Butter & Jelly Sun chips Grape Tomatoes Peach Cup Milk	21 Cheese Pizza Wow Butter & Jelly Romaine Salad Seasoned Green Beans Strawberry Mixed Fruit Milk	22 Spaghetti O's W/Meatballs & Garlic Toast Wow Butter & Jelly Buttered Peas & Carrots Peach Crisp Milk	23 Hot Dog Wow Butter & Jelly Seasoned Carrots Baked Beans Strawberries Cookie Milk
26 Sloppy Joe Sandwich Yogurt/String Cheese Pack Sweet Potato Fries W/ Marshmallow Dip Seasoned Corn Diced Pears Milk	27 Chicken Nuggets W/ Dinner Roll Yogurt/String Cheese Pack Baked Beans Potato Wedges Applesauce Milk	28 Chili Soup W/ Cornbread Loaf Yogurt/String Cheese Pack Baby Carrots Celery Sticks Strawberries Milk	29 Chicken & Noodles W/ Dinner Rolls Yogurt/String Cheese Pack Seasoned Green Beans Mashed Potatoes Apple Crisp Milk	30 Hot Ham & Cheese Yogurt/String Cheese Pack French Fries Green Pepper Rings Peach Cup Milk

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And canned Fruits & Vegetables

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ALACART MILK .40

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