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?

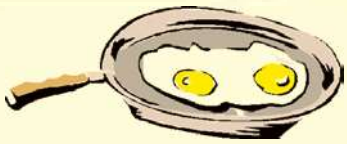
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



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

OCTOBER 2025
LITTLE ZEBBIE'S DINER

Manager Dena Lahman
Wendy Sutton
Mary Loving
JoAnn Shaffer
Madison Castro



Monday	Tuesday	Wednesday	Thursday	Friday
		1 CEREAL BAR CINNAMON TOAST CRUNCH CEREAL W/CHEESE STICK DICED PEARS GRAPE JUICE MILK	2 GOOD GRAVY PIZZA CINNAMON TOAST CRUNCH CEREAL MIXED FRUIT ORANGE JUICE MILK	3 HAM & CHEESE BISCUIT CINNAMON TOAST CRUNCH CEREAL W/CHEESE STICK BANANA APPLE JUICE MILK
6 MINI CHOCOLATE DONUTS COCOA PUFFS CEREAL WATERMELON CHUNKS GRAPE JUICE MILK	7 MINI MAPLE WAFFLES COCOA PUFFS CEREAL ORANGE SLICES APPLE JUICE MILK	8 BANANA ELFIN LOAF COCOA PUFFS CEREAL W/CHEESE STICK APPLESAUCE ORANGE JUICE MILK	9 MAPLE PANCAKE ON A STICK COCOA PUFFS CEREAL W/CHEESE STICK DICED PEACH CUP GRAPE JUICE MILK	10 **FALL BREAK**
13 **FALL BREAK**	14 **FALL BREAK**	15 **FALL BREAK**	16 **FALL BREAK**	17 **FALL BREAK**
20 CHOCOLATE OATMEAL COOKIE FROSTED FLAKES DICED PEACH CUP APPLE JUICE MILK	21 MINI MAPLE PANCAKES FROSTED FLAKES APPLESAUCE ORANGE JUICE MILK	22 CHOCOLATE MUFFIN FROSTED FLAKES W/CHEESE STICK MIXED FRUIT GRAPE JUICE MILK	23 BREAKFAST SAUSAGE PIZZA FROSTED FLAKES GRAPES APPLE JUICE MILK	24 HAM & CHEESE OMELET FROSTED FLAKES W/CHEESE STICK BANANA ORANGE JUICE MILK
27 CONFETTI PANCAKES CINNAMON TOAST CRUNCH CEREAL APPLESAUCE ORANGE JUICE MILK	28 POWDERED DONUTS CINNAMON TOAST CRUNCH CEREAL DICED PEACH CUP APPLE JUICE MILK	29 CEREAL BAR CINNAMON TOAST CRUNCH CEREAL W/CHEESE STICK DICED PEARS GRAPE JUICE MILK	30 GOOD GRAVY PIZZA CINNAMON TOAST CRUNCH CEREAL MIXED FRUIT ORANGE JUICE MILK	31 HAM & CHEESE BISCUIT CINNAMON TOAST CRUNCH CEREAL W/CHEESE STICK BANANA APPLE JUICE MILK

OFFERED DAILY

USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER

ALACART

MILK .40

Choice of Milk, Juice and Fresh Fruits

MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

Breakfast Mon., Tues., Thurs. & Fri. 7:30 am Wed. 7:

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

LUNCH

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

OCTOBER 2025
LITTLE ZEBBIE'S DINER

Manager Dena Lahman
Wendy Sutton
Mary Loving
JoAnn Shaffer
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Pizza Crunchers W/Pizza Sauce Romaine Salad Grape Tomatoes Golden Apple Milk	2 Chicken Strips Garlic Toast Baked Beans Seasoned Corn Grapes Milk	3 Chicken & Noodles Dinner Roll Seasoned Green Beans Mashed Potatoes Cherry Mixed Fruit Milk
6 French Toast Sticks Sausage Patty Hash Brown Starz Juice Applesauce Milk	7 Hamburger W/Cheese Baked Beans Potato Wedges Blueberries Milk	8 Bosco Stick W/Pizza Sauce Romaine Salad Sweet Potato Fries Diced Peaches Milk	9 Turkey Sandwich Sun Chips Carrots & Cucumbers Orange Slices Mini Rice Krispy Treat Milk	10 **FALL BREAK**
13 **FALL BREAK**	14 **FALL BREAK**	15 **FALL BREAK**	16 **FALL BREAK**	17 **FALL BREAK**
20 Chicken Patty W/ Bun Baked Beans Potato Wedges Cherry Mixed Fruit Milk	21 Goulash Garlic Cheese Bread Buttered Corn Baby Carrots Blueberries Milk	22 Pepperoni Pizza Lunchable W/Pizza Sauce Romaine Salad Grapes Milk	23 Chicken Casserole Dinner Roll Buttered Carrots Mashed Potatoes Strawberries & Cake Milk	24 Chicken Sticks Potato Smiles Cherry Tomatoes Warm Apple Slices Ice Cream Cup Milk
27 Mini Corn Dogs Baked Beans French Fries Smurf Applesauce Milk	28 Ham Slice Cinnamon Roll Macaroni & Cheese Sliced Cucumbers Buttered Peas Orange Mixed Fruit Milk	29 Pizza Crunchers W/Pizza Sauce Romaine Salad Seasoned Carrots Golden Apple Milk	30 Chicken & Noodles Dinner Roll Seasoned Green Beans Mashed Potatoes Cherry Mixed Fruit Milk	Witches Chix Fingers Spooky Emoji Potatoes Little Ghost Cauliflower Vampire Red Apple Creepy Ice Cream Sandwich Monsters Milk

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

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MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

ALACART MILK .40

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