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?

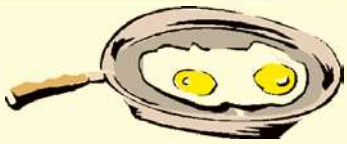
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



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.

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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

AUGUST 2025

LITTLE ZEBBIE'S DINER

Manager Dena Lahman
Wendy Sutton
Mary Loving
Joann Shaffer
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
				1 **NO SCHOOL**
4 **NO SCHOOL**	5 POWDERED DONUTS CINNAMON TOAST CRUNCH CEREAL DICED PEACH CUP APPLE JUICE MILK	6 CEREAL BAR CINNAMON TOAST CRUNCH CEREAL W/CHEESE STICK DICED PEARS GRAPE JUICE MILK	7 GOOD GRAVY PIZZA CINNAMON TOAST CRUNCH CEREAL MIXED FRUIT ORANGE JUICE MILK	8 HAM & CHEESE BISCUIT CINNAMON TOAST CRUNCH CEREAL W/CHEESE STICK BANANA APPLE JUICE MILK
11 MINI CHOCOLATE DONUTS COCOA PUFFS CEREAL WATERMELON CHUNKS GRAPE JUICE MILK	12 MINI MAPLE WAFFLES COCOA PUFFS CEREAL DICED PEACH CUP APPLE JUICE MILK	13 BANANA ELFIN LOAF COCOA PUFFS CEREAL W/CHEESE STICK APPLESAUCE ORANGE JUICE MILK	14 MAPLE PANCAKE ON A STICK COCOA PUFFS CEREAL W/CHEESE STICK ORANGE SLICES GRAPE JUICE MILK	15 SAUSAGE & CHEESE BISCUIT COCOA PUFFS CEREAL BANANA APPLE JUICE MILK
18 DUNKIN STICKS FROOT LOOPS CEREAL DICED PEACH CUP ORANGE JUICE MILK	19 MINI CHOCOLATE CHIP FRENCH TOAST FROOT LOOPS CEREAL MIXED FRUIT GRAPE JUICE MILK	20 STRAWBERRY POP TART FROOT LOOPS CEREAL W/CHEESE STICK PINEAPPLE TIDBITS APPLE JUICE MILK	21 MINI CINNAMON BAGELS FROOT LOOPS CEREAL GRAPES ORANGE JUICE MILK	22 APPLE FRUDEL W/ICING FROOT LOOPS CEREAL W/CHEESE STICK BANANA GRAPE JUICE MILK
25 CHOCOLATE OATMEAL COOKIE APPLE JACKS CEREAL DICED PEACH CUP APPLE JUICE MILK	26 MINI MAPLE PANCAKES APPLE JACKS CEREAL APPLESAUCE ORANGE JUICE MILK	27 CHOCOLATE MUFFIN APPLE JACKS CEREAL W/CHEESE STICK MIXED FRUIT GRAPE JUICE MILK	28 BREAKFAST SAUSAGE PIZZA APPLE JACKS CEREAL GRAPES APPLE JUICE MILK	29 HAM & CHEESE OMELET APPLE JACKS CEREAL W/CHEESE STICK BANANA ORANGE JUICE MILK

OFFERED DAILY
Choice of Milk, Juice and Fresh Fruits

USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER
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: $3.00 REDUCED: 40¢
ADULTS/GUEST: $4.60

AUGUST 2025

LITTLE ZEBBIE'S DINER

Manager Dena Lahman
Wendy Sutton
Mary Loving
Joann Shaffer
Madison Castro



Monday	Tuesday	Wednesday	Thursday	Friday
				1 **NO SCHOOL**
4 **NO SCHOOL**	5 SUPER SUB SANDWICH DORITOS CARROTS & CELERY FRUIT SLUSHY MILK **1ST DAY OF SCHOOL**	6 PIZZA CRUNCHERS W/PIZZA SAUCE ROMAINE SALAD GRAPE TOMATOES FRESH APPLE MILK	7 CHICKEN STRIPS GARLIC TOAST BAKED BEANS SEASONED CORN GRAPES MILK	8 MINI CORN DOGS FRENCH FRIES CUCUMBER SLICES WATERMELON WEDGE MILK
11 FRENCH TOAST STICKS SAUSAGE PATTY HASH BROWN STARZ DRAGON PUNCH APPLESAUCE MILK	12 HAMBURGER W/CHEESE BAKED BEANS POTATO WEDGES DICED PEACHES MILK	13 BOSCO STICK W/PIZZA SAUCE ROMAINE SALAD SEASONED CORN DICED PEARS MILK	14 CHICKEN & NOODLES DINNER ROLLS SEASONED GREEN BEANS MASHED POTATOES FRUIT COCKTAIL MILK	15 GO GURT W/CHEESE STICK CEREAL TATOR TOTS CELERY STICKS 100% FRUIT JUICE BOX MILK
18 HOT DOG BAKED BEANS POTATO SMILES DICED PEACHES MILK	19 NACHOS W/MEAT SAUCE BUTTERED PEAS GRAPE TOMATOES PINEAPPLE TIDBITS MILK	20 GARLIC FRENCH BREAD PIZZA W/PIZZA SAUCE ROMAINE SALAD GRAPES MILK	21 HAMBURGER STEAK W/GRAVY BISCUIT MASHED POTATOES FRESH CAULIFLOWER CANTALOUPE WEDGE MILK	22 CHICKEN NUGGETS EMOJI POTATOES STEAMED BROCCOLI W/CHEESE RED APPLE SLICES W/YOGURT MILK
25 CHICKEN PATTY SANDWICH BAKED BEANS POTATO WEDGES DICED PEACHES MILK	26 GOULASH GARLIC CHEESE BREAD BUTTERED CORN COLORED PEPPER STRIPS CHERRY MIXED FRUIT MILK	27 PEPPERONI PIZZA LUNCHABLE W/PIZZA SAUCE ROMAINE SALAD DICED PEARS MILK	28 CHICKEN CASSEROLE DINNER ROLL SEASONED GREEN BEANS MASHED POTATOES STRAWBERRIES & WHITE CAKE MILK	29 CHICKEN STICKS POTATO SMILES BABY CARROTS WARM APPLE SLICES ICE CREAM SANDWICH MILK

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

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