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?

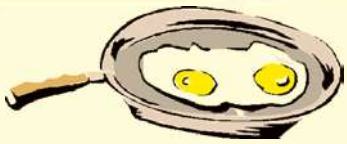
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



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



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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

NOVEMBER 2025
LITTLE ZEBBIE'S DINER

Manager Dena Lahman
Wendy Sutton
Mary Loving
JoAnn Shaffer
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
3 Mini Chocolate Donuts Lucky Charms Cereal Cheese Stick Diced Peach Cup Apple Juice Milk	**4** Mini Blueberry Pancakes Lucky Charms Cereal Diced Pears Grape Juice Milk	**5** Warm Cinnamon Muffin Lucky Charms Cereal Cheese Stick Applesauce Orange Juice Milk	**6** Breakfast Paco Lucky Charms Grapes Fruit Punch Milk	**7** Banana Split Parfait Lucky Charms Mixed Fruit Apple Juice Milk
10 Mini Cinnamon/Sugar Cake Donuts Apple Cinnamon Cherrios Cheese Stick Orange Slices Grape Juice Milk	**11** Mini Waffles Apple Cinnamon Cherrios Warm Apple Slices Orange Juice Milk	**12** Cinnamon Pop Tart Apple Cinnamon Cherrios Cheese Stick Diced Peaches Fruit Punch Juice Milk	**13** Good Gravy Pizza Apple Cinnamon Cherrios Mixed Fruit Apple Juice Milk	**14** Cherry Frudel W/Icing Apple Cinnamon Cherrios Diced Pears Grape Juice Milk
17 Strawberry Loaf Trix Cereal Diced Peach Cup Fruit Punch Juice Milk	**18** Mini Confetti Pancakes Trix Cereal Diced Pears Apple Juice Milk	**19** Cinnamon Strusel Muffin Trix Cereal Cheese Stick Applesauce Grape Juice Milk	**20** Maple Pancake Wrap Trix Cereal Banana Fruit Punch Milk	**21** Breakfast Bites Trix Cereal Cheese Stick Mixed Fruit Apple Juice Milk
24 Mini Chocolate Donuts Cinnamon Toast Crunch Diced Peach Cup Grape Juice Milk	**25** Mini Chocolate Chip French Toast Cinnamon Toast Crunch Mandarin Oranges Fruit Punch Juice Milk	**26** NO SCHOOL	**27** HAPPY THANKSGIVING	**28** NO SCHOOL

OFFERED DAILY
MILK .40
Choice of Milk, Juice and Fresh Fruits

USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER

MENU IS SUBJECT TO CHANGE BASED ON AVAILABI

Breakfast Mon., Tues., Thurs. & Fri. 7:30 am Wed. 7:45 am

A LA CART

MY SCHOOL BUCKS
PAY FOR MEALS ONLINE
MySchoolBucks.com

LUNCH

PAID: $3.00 REDUCED: .40¢

ADULTS/GUEST: $4.60

NOVEMBER 2025
LITTLE ZEBBIE'S DINER

Manager Dena Lahman
Wendy Sutton
Mary Loving
JoAnn Shaffer
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sloppy Joe Sandwich Sweet Potato Fries W/ Marshmallow Dip Seasoned Corn Diced Pears Milk	**4** Chicken Nuggets Dinner Roll Baked Beans Potato Smiles Applesauce Milk	**5** Chili Soup Cornbread Loaf Baby Carrots Celery Sticks Grapes Milk	**6** Chicken & Noodles Dinner Rolls Seasoned Green Beans Mashed Potatoes Peach Crisp Milk	**7** Hot Ham & Cheese Tator Tots Green Pepper Rings Orange Slices Milk
10 Sliced Turkey W/Gravy Dinner Roll Green Bean Casserole Mashed Potatoes Warm Apple Slices Pumpkin Bar **HOLIDAY MEAL**	**11** French Toast Sticks Sausage Patty Hash Brown Starz Seasoned Carrots Peach Cup Milk	**12** Ravioli Garlic Bread California Blend W/Cheese Tossed Romaine Salad Pineapple Tidbits Milk	**13** Chicken Drumstick Macaroni & Cheese Baked Beans Cucumber Slices Smurf Jell-O W/Mixed Fruit Milk	**14** Sausage Pizza Baby Carrots Celery Sticks Mini Rice Krispy Treat Diced Pears Milk
17 Emoji Waffles Grilled Chicken Bites Tator Tots Dragon Punch Juice Milk	**18** Tenderloin Sandwich Cowboy Beans French Fries Cinnamon Applesauce Milk	**19** Cheese Pizza Romaine Salad Grape Tomatoes Strawberry Mixed Fruit Milk	**20** Spaghetti O's W/Meatballs Garlic Toast Buttered Peas & Carrots Apple Crisp Milk	**21** Cheesy Breadstick W/Pizza Sauce Baby Carrots Cucumber Slices Diced Peaches Milk
24 Hamburger W/Cheese Baked Beans Sweet Potato Fries Mandarin/Pineapple Milk	**25** Grilled Cheese Goldfish Crackers Tomato Soup Seasoned Carrots Applesauce Milk	**26** **NO SCHOOL**	**27** **HAPPY THANKSGIVING**	**28** **NO SCHOOL**

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

ALACART MILK .40

MY SCHOOL BUCKS
PAY FOR MEALS ONLINE
MySchoolBucks.com