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?

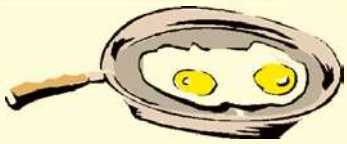
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



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.

This institution is an equal opportunity provider.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo (incluyendo identidad de genero y orientacion de sexual), edad, discapacidad,venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles.

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
KING KONG CAFE

Manager Linda Turnipseed

Lisa Fear
Valerie Conley
Debra Early
Makayla Biggs
Melinda Bogseth



Monday	Tuesday	Wednesday	Thursday	Friday
		1 BISCUITS & GRAVY FROOT LOOPS MIXED FRUIT ORANGE JUICE	2 FRUDEL W/ICING FROOT LOOPS FRESH APPLE GRAPE JUICE	3 WAFFLES FROOT LOOPS SLICED PEARS APPLE JUICE
6 GLAZED DONUTS COCOA PUFFS ORANGE FRUIT PUNCH	7 FRENCH TOAST COCOA PUFFS WARM APPLE SLICES ORANGE JUICE	8 HAM & CHEESE BISCUIT COCOA PUFFS FRUIT COCKTAIL GRAPE JUICE	9 BREAKFAST BITES COCOA PUFFS PEACHES APPLE JUICE	10 **FALL BREAK**
13 **FALL BREAK**	14 **FALL BREAK**	15 **FALL BREAK**	16 **FALL BREAK**	17 **FALL BREAK**
20 PANCAKE ON A STICK TRIX SLICED PEARS GRAPE JUICE	21 CINNAMON ROLL TRIX RED APPLE DELICIOUS FRUIT PUNCH	22 BREAKFAST SANDWICH TRIX DICED PEACHES ORANGE JUICE	23 WAFFLE TRIX GRAPES GRAPE JUICE	24 MINI PANCAKES TRIX BANANA APPLE JUICE
27 CONFETTI PANCAKES FROOT LOOPS APPLESAUCE GRAPE JUICE	28 CHOCOLATE DONUTS FROOT LOOPS DICED PEACH CUP FRUIT PUNCH	29 BISCUITS & GRAVY FROOT LOOPS MIXED FRUIT ORANGE JUICE	30 FRUDEL W/ICING FROOT LOOPS FRESH APPLE GRAPE JUICE	31 WAFFLES FROOT LOOPS SLICED PEARS APPLE JUICE



OFFERED DAILY WHEN AVAILABLE

ALACART MILK .40

POPTARTS, WOW BUTTER SANDWICH CEREAL.

USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER

MENU IS SUBJECT TO CHANGE BASED ON AVAILAB

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

LUNCH

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

OCTOBER 2025
KING KONG CAFE

Manager Linda Turnipseed
Lisa Fear
Valerie Conley
Debra Early
Makayla Biggs
Melinda Bogseth



Monday	Tuesday	Wednesday	Thursday	Friday
		1 SLOPPY JOES WEDGE FRIES ROMAINE SALAD WARM APPLE SLICES DICED PEACHES BROWNIE	2 CHICKEN DRUMSTIC MASHED POTATOES BUTTERED CORN FLAVORED APPLESAUCE GRAPES	3 HOT DOG CHIPS COLE SLAW SEASONED CARROTS FRUIT COCKTAIL WATERMELON WEDGE
6 CHICKEN SANDWICH MIXED VEGETABLES SPIRAL FRENCH FRIES STRAWBERRIES BANANA	7 SPAGHETTI ROMAINE SALAD STEAMED BROCCOLI GOLDEN DELICIOUS APPLE CUTIES	8 CALZONE W/MARINARA SAUCE SEASONED GREEN BEANS CUCUMBER SPEARS MIXED FRUIT CRAZINS	9 HAMBURGER W/CHEESE BAKED BEANS SWEET POTATO FRIES APPLESAUCE DICED PEACHES	10 **FALL BREAK**
13 **FALL BREAK**	14 **FALL BREAK**	15 **FALL BREAK**	16 **FALL BREAK**	17 **FALL BREAK**
20 CORN DOG SEASONED PEAS SWEET POTATO FRIES MIXED FRUIT BLUEBERRIES	21 CHICKEN CHUNCKS POTATO WEDGES BABY CARROTS APPLESAUCE RAISINS	22 BOSCO SEASONED CORN BAKED BEANS PINEAPPLE GRANNY SMITH APPLE	23 CHICKEN NOODLES W/DINNER ROLL MASHED POTATOES SEASONED GREEN BEANS FRUIT COCKTAIL MANDARIN ORANGES	24 BIG DADDY PIZZA W/MARINARA HASHBROWNS ROMAINE SALAD DICED PEACHES SLICED PEARS
27 MINI CORN DOGS CALIFORNIA BLEND W/ LIGHT CHEESE DRIZZLE FRENCH FRIES SMURF APPLESAUCE KIWI	28 NACHOS W/MEAT CHIPS OR SHELL REFRIED BEANS TOMATOES & LETTUCE SLICED PEARS GALA APPLE	29 SLOPPY JOES WEDGE FRIES ROMAINE SALAD WARM APPLE SLICES DICED PEACHES BROWNIE	30 **DEAD MAN'S LEG** CHICKEN DRUMSTICK **MUMMY BRAIN** MASHED POTATOES **WITCH'S WICKED KERNALS** BUTTERED CORN **APPLE OOZE** FLAVORED APPLESAUCE **MONSTER EYE BALLS** GRAPES	31 HOT DOG CHIPS COLE SLAW SEASONED CARROTS FRUIT COCKTAIL WATERMELON WEDGE

OFFERED DAILY
Choice of Milk, Juice and Fresh
Canned and Fresh Fruit & Vegetables

USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER
MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

ALACART Milk .40

Rotating Entrée's

Wow Butter Sandwich
Cold Sandwich
Kong Lunchable
Parfaits
Yogurt Pack