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?

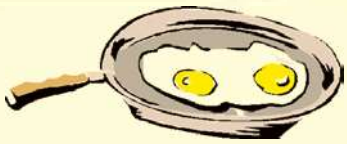
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



WHAT'S FOR BREAKFAST?







Cereal	Fruit
Toast	Waffles
Muffins	Hot Cereal
Sweet	Bagels
Rolls	English Muffins
Pancakes	Milk
Eggs	



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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

NOVEMBER 2025
RHS ZEBRA CAFE

Manager: AMANDA WEYANT
Leah Sutton
Autumn Hughes
Stephanie Miller
Missy Smith
Robin Gray
Kathryn Dereski

Monday	Tuesday	Wednesday	Thursday	Friday
3 BREAKFAST BURRITO MIXED FRUIT GRAPE JUICE	4 BREAKFAST PIZZA PEARS ORANGE JUICE	5 BREAKFAST SANDWICH APPLESAUCE STRAW/KIWI JUICE	6 OATMEAL OR PANCAKE BUILD YOUR OWN BAR WARM APPLESLICES GRAPE JUICE	7 DONUT BAR FRUIT COCKTAIL APPLE JUICE
10 BREAKFAST BURRITO MIXED FRUIT GRAPE JUICE	11 BREAKFAST PIZZA PEARS ORANGE JUICE	12 BREAKFAST SANDWICH APPLESAUCE STRAW/KIWI JUICE	13 OATMEAL OR PANCAKE BUILD YOUR OWN BAR WARM APPLESLICES GRAPE JUICE	14 DONUT BAR FRUIT COCKTAIL APPLE JUICE
17 BREAKFAST BURRITO MIXED FRUIT GRAPE JUICE	18 BREAKFAST PIZZA PEARS ORANGE JUICE	19 BREAKFAST SANDWICH APPLESAUCE STRAW/KIWI JUICE	20 OATMEAL OR PANCAKE BUILD YOUR OWN BAR WARM APPLESLICES GRAPE JUICE	21 DONUT BAR FRUIT COCKTAIL APPLE JUICE
24 BREAKFAST BURRITO MIXED FRUIT GRAPE JUICE	25 BREAKFAST PIZZA PEARS ORANGE JUICE	26 NO SCHOOL	27 HAPPY THANKSGIVING	28 NO SCHOOL

OFFERED DAILY WHEN AVAILABLE
POPTARTS, BARS, UNCRUSTABLES
CEREAL, DONUTS, & MUFFINS
CHOICE OF MILK, JUICE, CANNED & FRESH FRUIT
ROTATING SMOOTHIE, ICED HOT CHOCOLATE, --- BREAKFAST DRINK BAR

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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: $3.10 REDUCED: .40¢

ADULTS/GUEST: $4.60

NOVEMBER 2025
RHS ZEBRA CAFE

Manager: AMANDA WEYANT

Leah Sutton, Autumn Hughes, Stephanie Miller, Missy Smith, Robin Gray, Kathryn Dereski

Monday	Tuesday	Wednesday	Thursday	Friday
3 **ORANGE CHICKEN BOWL** **TERIYAKI BEEF BITES** W/ LO MEIN BROCCOLI BUTTERED CARROTS MANDARIN ORANGES GALA APPLE	**4** **PHILLY STEAK** **FAJITA CHICKEN OR BEEF** PEPPERS & ONIONS TOMATOES, ROMAINE LETTUCE REFRIED BEANS FRUIT COCKTAIL PEACH CUPS	**5** **BBQ OR HOT HONEY** **CHICKEN WINGS** W/ BREADSTICKS FRENCH FRIES CELERY FLAVORED APPLESAUCE BANANA	**6** **TOTALLY TACO WEDGE** **CHICKEN CHOW MEIN** TOSSED ROMAINE SALAD CELERY DICED PEACH CUP RED DELICOUS APPLE NO BAKE COOKIE	**7** **TURKEY & CHEESE SUB** **BIG DADDY PIZZA** SWEET POTATO FRIES FRESH CAULIFLOWER MIXED FRUIT RED DELICIOUS APPLE
10 **BOSCOS** W/ CHEESE SAUCE **CHICKEN SANDWICH** SEASONED GREEN BEANS SIDE WINDERS SLICED PEARS GOLDEN DELICIOUS APPLE	**11** **FISH SANDWICH** **HOT & SPICY TENDERS** **W/BISCUIT STICK** SEASONED CARROTS BBQ BAKED BEANS KIWI GALA APPLE	**12** **CHICKEN & NOODLES** **SLICED TURKEY W/GRAVY** DINNER ROLLS MASHED POTATOES SEASONED GREEN BEANS STUFFING WARM APPLE SLICES PUMPKIN BAR	**13** **LASAGNA ROLL UP** **BUFFALO CHEESE BITES** CALIFORNIA BLEND W/LIGHT CHEESE DRIZZLE TOSSED ROMAINE SALAD PEACHES GRAPES	**14** **HOT HAM & CHEESE** **BIG DADDY STUFFERS** SWEET POTATO FRIES FRESH BROCCOLI APPLESAUCE RED DELICIOUS APPLE
17 **ORANGE CHICKEN BOWL** **TERIYAKI BEEF BITES** W/ LO MEIN BROCCOLI BUTTERED CARROTS MANDARIN ORANGES GALA APPLE	**18** **GYRO** **FAJITA CHICKEN OR BEEF** PEPPERS & ONIONS TOMATOES, ROMAINE LETTUCE REFRIED BEANS MIXED FRUIT PEACH CUPS	**19** **BBQ OR HOT HONEY** **CHICKEN WINGS** W/ BREADSTICKS WAFFLE FRIES CELERY BLUSHING PEARS BANANA	**20** **SALISBURY STEAK** **DRUMSTICK** DINNER ROLLS SEASONED GREEN BEANS MASHED POTATOES PEACHES NO BAKE COOKIE	**21** **BIG DADDY PIZZA** **SUPER SUB** FRENCH FRIES FRESH BROCCOLI FRUIT COCKTAIL GRAPES
24 **FAJITA CHICKEN OR BEEF** PEPPERS & ONIONS TOMATOES, ROMAINE LETTUCE REFRIED BEANS BLUEBERRIES CHERRY APPLESAUCE	**25** **CHICKEN & NOODLES** **CORN DOGS** DINNER ROLL MASHED POTATOES SEASONED GREEN BEANS PEACH CUPS SLICED PEARS	**26** **NO SCHOOL**	**27** **HAPPY THANKSGIVING**	**28** **NO SCHOOL**

ALACARTE REIMBURSABLE ENTRÉE

MONDAY: MINI CORN DOGS
TUESDAY: CALZONE
WEDNESDAY: BOSCO'S/CHEESY BREAD
THURSDAY: CHICKEN
FRIDAY: CHEESEBURGER/CRUNCHERS

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

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MENU SUBJECT TO CHANGE BASED ON AVAILABLE
ONLINE DEPOSITS DO NOT POST IMMEDIATELY TO ACCOUNTS

ROTATING REIMBURSABLE ENTREES

ENTRÉE SALADS
WRAPS
COLD SANDWICH
PARFAITS
RHS LUNCHABLE
HOMEMADE PB&J
FRUIT & MEAT CUP
YOGURT & STRING CHEESE
UNCRUSTABLES