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?

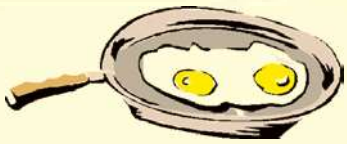
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



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

SEPTEMBER 2025
RHS ZEBRA CAFE

Manager: AMANDA WEYANT

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

Monday	Tuesday	Wednesday	Thursday	Friday
1 HOLIDAY NO SCHOOL	2 BREAKFAST PIZZA PEARS ORANGE JUICE	3 BISCUITS & GRAVY PEACHES APPLE JUICE	4 BREAKFAST TOASTER PASTRY APPLESAUCE STRAW/KIWI JUICE	5 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
8 BREAKFAST BURRITO MIXED FRUIT GRAPE JUICE	9 BREAKFAST PIZZA PEARS ORANGE JUICE	10 BISCUITS & GRAVY PEACHES APPLE JUICE	11 BREAKFAST TOASTER PASTRY APPLESAUCE STRAW/KIWI JUICE	12 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
15 BREAKFAST BURRITO MIXED FRUIT GRAPE JUICE	16 BREAKFAST PIZZA PEARS ORANGE JUICE	17 BISCUITS & GRAVY PEACHES APPLE JUICE	18 BREAKFAST TOASTER PASTRY APPLESAUCE STRAW/KIWI JUICE	19 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
22 BREAKFAST BURRITO MIXED FRUIT GRAPE JUICE	23 BREAKFAST PIZZA PEARS ORANGE JUICE	24 BISCUITS & GRAVY PEACHES APPLE JUICE	25 BREAKFAST TOASTER PASTRY APPLESAUCE STRAW/KIWI JUICE	26 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
29 BREAKFAST BURRITO MIXED FRUIT GRAPE JUICE	30 BREAKFAST PIZZA PEARS ORANGE JUICE			

OFFERED DAILY WHEN AVAILABLE
POPTARTS, BARS, UNCRUSTABLES
CEREAL, DONUTS, & MUFFINS
CHOICE OF MILK, JUICE, CANNED & FRESH FRUIT

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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

SEPTEMBER 2025
RHS ZEBRA CAFE

Manager: AMANDA WEYANT

Leah Sutton
Autumn Hughes
Stephanie Miller
Missy Smith
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Monday	Tuesday	Wednesday	Thursday	Friday
1 **HOLIDAY NO SCHOOL**	**2** **BEEF OR CHICKEN NACHOS OR SOFT TACO** BLACK BEANS PEPPERS RINGS GALA APPLES DICED PEACHES	**3** **BBQ OR HOT HONEY CHICKEN WINGS** W/ BREADSTICKS FRENCH FRIES CELERY FLAVORED APPLESAUCE BANANA	**4** **CORN DOG CHICKEN & NOODLES** W/ROLLS MASHED POTATOES SEASONED GREEN BEANS ORANGES RED DELICIOUS APPLE	**5** **FISH TACOS BIG DADDY PIZZA** W/ MARINARA CHERRY TOMATOES ROMAINE TOSSED SALAD SLICED PEARS FRUIT COCKTAIL
8 **ORANGE CHICKEN BOWL TERIYAKI BEEF BITES** W/ LO MEIN STEAMED BROCCOLI FRESH CARROTS MANDARIN ORANGES GALA APPLE	**9** **PHILLY STEAK FAJITA CHICKEN OR BEEF** PEPPERS & ONIONS TOMATOES, LETTUCE REFRIED BEANS CLEMENTINE PEACH CUPS	**10** **CONEY CHEESE DOG CHICKEN NUGGETS** W/ BREADSTICK SWEET POTATO FRIES CELERY APPLESAUCE MIXED FRUIT	**11** **SLOPPY JOE ON BUN SPAGHETTI** W/MEAT SAUCE SEASONED GREEN BEANS FRUIT COCKTAIL FUJI APPLES	**12** **CHEESE PIZZA** W/MARINARA SAUCE **FISH SANDWICH** WEDGE FRIES ROMAINE SALAD GRANNY SMITH APPLES RAISINS
15 **BBQ PORK SANDWICH COUNTRY FRIED STEAK BITES** DINNER ROLL MASHED POTATOES SEASONED CORN PEACH CUPS STRAWBERRIES	**16** **BEEF SOFT TACO CHICKEN SANDWICH** REFRIED BEANS TOMATOES, LETTUCE CLEMENTINE TROPICAL MIXED FRUIT	**17** **SHRIMP POPPERS CHICKEN TENDERS** W/CHEDDAR BISCUIT SEASONED CARROTS CELERY APPLESAUCE KIWI	**18** **CORN DOG CHICKEN & NOODLES** W/ROLLS MASHED POTATOES SEASONED GREEN BEANS ORANGES RED DELICIOUS APPLE	**19** **FISH TACOS BIG DADDY PIZZA** W/ MARINARA CHERRY TOMATOES ROMAINE TOSSED SALAD SLICED PEARS WARM APPLE SLICES
22 **GENERAL TSO CHICKEN TERIYAKI BEEF BITES** W/ LO MEIN BROCCOLI BUTTERED CARROTS MANDARIN ORANGES GALA APPLE	**23** **PHILLY STEAK FAJITA CHICKEN OR BEEF** PEPPERS & ONIONS TOMATOES, ROMAINE LETTUCE REFRIED BEANS MIXED FRUIT PEACH CUPS	**24** **GYRO MACARONI & CHEESE BOWL** MIXED VEGGIES BABY CARROTS APPLESAUCE MIXED FRUIT	**25** **CHICKEN SANDWICH BOSCOS** W/ MARINARA & CHEESE SAUCE SEASONED GREEN BEANS SLICED PEARS GOLDEN DELICIOUS APPLE	**26** **SAUSAGE OR PEPP PIZZA** W/MARINARA SAUCE **FISH SANDWICH** WEDGE FRIES ROMAINE SALAD GRANNY SMITH APPLES RAISINS
29 **MINI CORN DOGS HOT & SPICY SANDWICH** CALIFORNIA BLEND W/ LIGHT CHEESE DRIZZLE FRENCH FRIES SMURF APPLESAUCE KIWI	**30** **BEEF OR CHICKEN NACHOS OR SOFT TACO** BLACK BEANS PEPPERS RINGS GALA APPLES DICED PEACHES			

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
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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
HOMEMADE PB&J
FRUIT & MEAT CUP
YOGURT & STRING CHEESE
UNCRUSTABLES