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?

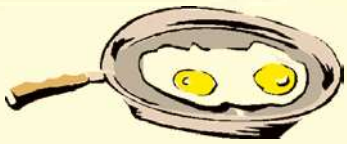
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



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

SEPTEMBER 2025
LITTLE ZEBBIE'S DINER

Manager Dena Lahman
Wendy Sutton
Mary Loving
Joann Shaffer
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
1 **HOLIDAY NO SCHOOL**	2 POWDERED DONUTS CINNAMON TOAST CRUNCH CEREAL DICED PEACH CUP APPLE JUICE MILK	3 CEREAL BAR CINNAMON TOAST CRUNCH CEREAL W/CHEESE STICK DICED PEARS GRAPE JUICE MILK	4 GOOD GRAVY PIZZA CINNAMON TOAST CRUNCH CEREAL MIXED FRUIT ORANGE JUICE MILK	5 HAM & CHEESE BISCUIT CINNAMON TOAST CRUNCH CEREAL W/CHEESE STICK BANANA APPLE JUICE MILK
8 MINI CHOCOLATE DONUTS COCOA PUFFS CEREAL WATERMELON CHUNKS GRAPE JUICE MILK	9 MINI MAPLE WAFFLES COCOA PUFFS CEREAL DICED PEACH CUP APPLE JUICE MILK	10 BANANA ELFIN LOAF COCOA PUFFS CEREAL W/CHEESE STICK APPLESAUCE ORANGE JUICE MILK	11 MAPLE PANCAKE ON A STICK COCOA PUFFS CEREAL W/CHEESE STICK ORANGE SLICES GRAPE JUICE MILK	12 SAUSAGE & CHEESE BISCUIT COCOA PUFFS CEREAL BANANA APPLE JUICE MILK
15 GLAZED CAKE DONUT FROOT LOOPS CEREAL DICED PEACH CUP ORANGE JUICE MILK	16 MINI CHOCOLATE CHIP FRENCH TOAST FROOT LOOPS CEREAL MIXED FRUIT GRAPE JUICE MILK	17 STRAWBERRY POP TART FROOT LOOPS CEREAL W/CHEESE STICK PINEAPPLE TIDBITS APPLE JUICE MILK	18 MINI CINNAMON BAGELS FROOT LOOPS CEREAL GRAPES ORANGE JUICE MILK	19 APPLE FRUDEL W/ICING FROOT LOOPS CEREAL W/CHEESE STICK BANANA GRAPE JUICE MILK
22 CHOCOLATE OATMEAL COOKIE APPLE JACKS CEREAL DICED PEACH CUP APPLE JUICE MILK	23 MINI MAPLE PANCAKES APPLE JACKS CEREAL APPLESAUCE ORANGE JUICE MILK	24 CHOCOLATE MUFFIN APPLE JACKS CEREAL W/CHEESE STICK MIXED FRUIT GRAPE JUICE MILK	25 BREAKFAST SAUSAGE PIZZA APPLE JACKS CEREAL GRAPES APPLE JUICE MILK	26 HAM & CHEESE OMELET APPLE JACKS CEREAL W/CHEESE STICK BANANA ORANGE JUICE MILK
29 CONFETTI PANCAKES CINNAMON TOAST CRUNCH CEREAL APPLESAUCE ORANGE JUICE MILK	30 POWDERED DONUTS CINNAMON TOAST CRUNCH CEREAL DICED PEACH CUP APPLE 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

SEPTEMBER 2025
LITTLE ZEBBIE'S DINER

Manager Dena Lahman
Wendy Sutton
Mary Loving
JoAnn Shaffer
Madison Castro

Monday	Tuesday	Wednesday	Thursday	Friday
1 **HOLIDAY NO SCHOOL**	**2** Ham Slice Cinnamon Roll Macaroni & Cheese Seasoned Carrots Buttered Peas Cherry Mixed Fruit Milk	**3** Pizza Crunchers W/Pizza Sauce Romaine Salad Grape Tomatoes Golden Apple Milk	**4** Chicken Strips Garlic Toast Baked Beans Seasoned Corn Grapes Milk	**5** Sub Sandwich Sun Chips Carrots Celery Fruit Slushy Milk
8 French Toast Sticks Sausage Patty Hash Brown Starz Ruby Red Juice Applesauce Milk	**9** Hamburger W/Cheese Baked Beans Potato Wedges Blueberries Milk	**10** Bosco Stick W/Pizza Sauce Romaine Salad Grape Tomatoes Strawberries Milk	**11** Chicken & Noodles Dinner Roll Seasoned Green Beans Mashed Potatoes Cherry Mixed Fruit Milk	**12** Go Gurt W/Cheese Stick & Cereal Tator Tots Baby Carrots Banana Milk
15 Hot Dog Baked Beans Potato Smiles Diced Peaches Milk	**16** Nachos W/Meat Sauce Buttered Peas Baby Carrots Diced Pears Milk	**17** Garlic French Bread W/Pizza Sauce Romaine Salad Grapes Milk	**18** Hamburger Steak W/Gravy Biscuit Mashed Potatoes Seasoned Green Beans Strawberries Milk	**19** Chicken Nuggets Emoji Potatoes Fresh Broccoli Red Apple Slices W/Yogurt Milk
22 Chicken Patty W/ Bun Baked Beans Potato Wedges Cherry Mixed Fruit Milk	**23** Goulash Garlic Cheese Bread Buttered Corn Asst. Pepper Rings Blueberries Milk	**24** Pepperoni Pizza Lunchable W/Pizza Sauce Romaine Salad Grapes Milk	**25** Chicken Casserole Dinner Roll Buttered Carrots Mashed Potatoes Strawberries & Cake Milk	**26** Chicken Sticks Potato Smiles Cherry Tomatoes Warm Apple Slices Ice Cream Cup Milk
29 Mini Corn Dogs Baked Beans French Fries Smurf Applesauce Milk	**30** Ham Slice Cinnamon Roll Macaroni & Cheese Seasoned Carrots Buttered Peas Orange Mixed Fruit Milk			

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

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MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

ALACART MILK .40

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