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?

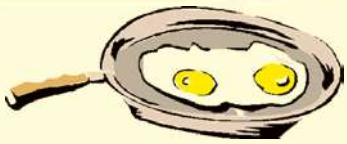
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



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

OCTOBER 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 BISCUITS & GRAVY PEACHES APPLE JUICE	2 BREAKFAST TOASTER PASTRY APPLESAUCE STRAW/KIWI JUICE	3 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
6 BREAKFAST BURRITO MIXED FRUIT GRAPE JUICE	7 BREAKFAST PIZZA PEARS ORANGE JUICE	8 BISCUITS & GRAVY PEACHES APPLE JUICE	9 BREAKFAST TOASTER PASTRY APPLESAUCE STRAW/KIWI JUICE	10 FALL BREAK
13 FALL BREAK	14 FALL BREAK	15 FALL BREAK	16 FALL BREAK	17 FALL BREAK
20 BREAKFAST BURRITO MIXED FRUIT GRAPE JUICE	21 BREAKFAST PIZZA PEARS ORANGE JUICE	22 BISCUITS & GRAVY PEACHES APPLE JUICE	23 BREAKFAST TOASTER PASTRY APPLESAUCE STRAW/KIWI JUICE	24 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE
27 BREAKFAST BURRITO MIXED FRUIT GRAPE JUICE	28 BREAKFAST PIZZA PEARS ORANGE JUICE	29 BISCUITS & GRAVY PEACHES APPLE JUICE	30 BREAKFAST TOASTER PASTRY APPLESAUCE STRAW/KIWI JUICE	31 BREAKFAST SANDWICH MIXED FRUIT GRAPE JUICE

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

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: $3.10 REDUCED: .40¢
ADULTS/GUEST: $4.60

OCTOBER 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 **BBQ OR HOT HONEY CHICKEN WINGS** W/ BREADSTICKS FRENCH FRIES CELERY FLAVORED APPLESAUCE BANANA	2 **CORN DOG CHICKEN & NOODLES** W/ROLLS MASHED POTATOES SEASONED GREEN BEANS ORANGES RED DELICIOUS APPLE	**CHEESEBURGER SUPER SUB** CHIPS CARROTS/CELERY PEACH CUP & STRAWBERRIES NO BAKE COOKIE FREEZER POP **HOMECOMING**
6 **ORANGE CHICKEN BOWL TERIYAKI BEEF BITES** W/ LO MEIN STEAMED BROCCOLI FRESH CARROTS MANDARIN ORANGES GALA APPLE	7 **PHILLY STEAK FAJITA CHICKEN OR BEEF** PEPPERS & ONIONS TOMATOES, LETTUCE REFRIED BEANS CLEMENTINE PEACH CUPS	8 **CONEY CHEESE DOG CHICKEN NUGGETS** W/ BREADSTICK SWEET POTATO FRIES CELERY APPLESAUCE MIXED FRUIT	9 **SLOPPY JOE ON BUN SPAGHETTI** W/MEAT SAUCE SEASONED GREEN BEANS FRUIT COCKTAIL FUJI APPLES	10 **FALL BREAK**
13 **FALL BREAK**	14 **FALL BREAK**	15 **FALL BREAK**	16 **FALL BREAK**	17 **FALL BREAK**
20 **GENERAL TSO CHICKEN TERIYAKI BEEF BITES** W/ LO MEIN BROCCOLI BUTTERED CARROTS SLICED PEARS GALA APPLE	21 **PHILLY STEAK FAJITA CHICKEN OR BEEF** PEPPERS & ONIONS TOMATOES, CHEESE REFRIED BEANS MIXED FRUIT PEACH CUPS	22 **GYRO MACARONI & CHEESE BOWL** MIXED VEGGIES BABY CARROTS APPLESAUCE MIXED FRUIT	23 **CHICKEN SANDWHICH BOSCOS** W/ MARINARA & CHEESE SAUCE SEASONED GREEN BEANS SLICED PEARS GOLDEN DELICIOUS APPLE	24 **CHICKEN NUGGETS BBQ PORK SANDWICH** HASHBROWNS ROMAINE SALAD DICED PEACHES SLICED PEARS ICE CREAM SANDWICH
27 **MINI CORN DOGS HOT & SPICY SANDWICH** CALIFORNIA BLEND W/ LIGHT CHEESE DRIZZLE FRENCH FRIES SMURF APPLESAUCE KIWI	28 **SOFT TACO CHICKEN CHUNKS** REFRIED BEANS TOMATOES & LETTUCE SLICED PEARS GALA APPLE	29 **BBQ OR HOT HONEY CHICKEN WINGS** W/ BREADSTICKS FRENCH FRIES CELERY FLAVORED APPLESAUCE BANANA	30 **CORN DOG CHICKEN & NOODLES** W/ROLLS MASHED POTATOES SEASONED GREEN BEANS ORANGES RED DELICIOUS APPLE	31 **FISH TACOS BIG DADDY PIZZA** W/ MARINARA CHERRY TOMATOES ROMAINE TOSSED SALAD SLICED PEARS FRUIT COCKTAIL

ALACARTE REIMBURSABLE ENTRÉE TREES
MONDAY: MINI CORN DOGS
TUESDAY: CALZONE
WEDNESDAY: BOSCO'S/CHEESY BREAD GURT & STRING CHEESE
THURSDAY: CHICKEN

MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com

ROTATING REIMBURSABLE EN-
ENTRÉE SALADS HOMEMADE PB&J
WRAPS FRUIT & MEAT CUP
COLD SANDWICH YO-
PARFAITS UNCRUSTA-

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MENU SUBJECT TO CHANGE BASED ON AVAILABLE