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?

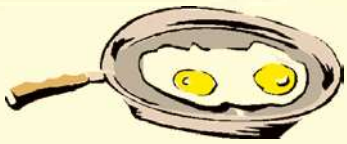
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



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

JANUARY 2026
RHS ZEBRA CAFE

Manager Amanda Weyant
Leah Sutton
Missy Smith
Autumn Hughes
Robin Gray
Megan Burden
Kathryn Dereski

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **WINTER BREAK**	2 **WINTER BREAK**
5 **BREAKFAST BURRITO** SLICED PEARS GRAPE JUICE	6 **BREAKFAST PIZZA** MIXED FRUIT ORANGE JUICE	7 **BREAKFAST SANDWICH** APPLESAUCE STRAW/KIWI JUICE	8 **OATMEAL/PANCAKE BAR** WARM APPLE SLICES FRUIT PUNCH	9 **DONUT BAR** DICED PEACHES ORANGE JUICE
12 **BREAKFAST BURRITO** SLICED PEARS GRAPE JUICE	13 **BREAKFAST PIZZA** MIXED FRUIT ORANGE JUICE	14 **BREAKFAST SANDWICH** APPLESAUCE STRAW/KIWI JUICE	15 **OATMEAL/PANCAKE BAR** WARM APPLE SLICES FRUIT PUNCH	16 **DONUT BAR** DICED PEACHES ORANGE JUICE
19 **BREAKFAST BURRITO** SLICED PEARS GRAPE JUICE	20 **BREAKFAST PIZZA** MIXED FRUIT ORANGE JUICE	21 **BREAKFAST SANDWICH** APPLESAUCE STRAW/KIWI JUICE	22 **OATMEAL /PANCAKE BAR** WARM APPLE SLICES FRUIT PUNCH	23 **DONUT BAR** DICED PEACHES ORANGE JUICE
26 **BREAKFAST BURRITO** SLICED PEARS GRAPE JUICE	27 **BREAKFAST PIZZA** MIXED FRUIT ORANGE JUICE	28 **BREAKFAST SANDWICH** APPLESAUCE STRAW/KIWI JUICE	29 **OATMEAL/PANCAKE BAR** WARM APPLE SLICES FRUIT PUNCH	30 **DONUT BAR** DICED PEACHES ORANGE 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

ALACART MILK .40

Breakfast: (Mon, Tues, Thurs, Fri) 7:30 A.M. Breakfast: (Wednesday) 8:00 A.M.

LUNCH

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

JANUARY 2026
RHS CAFE

Manager Amanda Weyant
Leah Sutton — Missy Smith
Autumn Hughes — Robin Gray
Megan Burden — Kathryn Dereski

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **WINTER BREAK**	2 **WINTER BREAK**
5 **TERIYAKI BITES ORANGE CHICKEN** W/ LO MEIN BROCCOLI BUTTERED CARROTS MANDARIN ORANGES GALA APPLE	6 **PHILLY STEAK FAJITA CHICKEN OR BEEF** ONIONS & PEPPERS TOMATOES, ROMAINE REFRIED BEANS FRUIT COCKTAIL PEACH CUPS	7 **BBQ OR HOT WINGS HOT HAM & CHEESE** BREADSTICKS FRENCH FRIES CELERY FLAVORED APPLESAUCE GRAPES	8 **TACO WEDGE CHICKEN & NOODLES** DINNER ROLL MASHED POTATOES SEASONED CARROTS ORANGE WEDGES SLICED PEARS	9 **TURKEY & CHEESE SUB BIG DADDY PIZZA** CHERRY TOMATOES FRESH BROCCOLI WARM APPLE SLICES GRAPES
12 **PIZZACRUNCHER HAMBURGER W/CHEESE** WEDGE FRIES SEASONED GREEN BEANS FLAVORED APPLESAUCE BANANA	13 **MACARONI & CHEESE WALKING OR SOFT TACO** REFRIED BEAN TOMATO & LETTUCE & CHEESE PEACHES GOLDEN DELICIOUS APPLE	14 **RIPPERS CHICKEN TENDERS** FRENCH FRIES SEASONED PEAS STRAWBERRIES RED DELICIOUS APPLE	15 **HOT & SPICY FISH SANDWICH** CELERY SEASONED CORN SLICED PEARS GALA APPLE	16 **BUFFALO BITES PIZZA** W/MARINARA BABY CARROTS TOSSED ROMAINE SALAD FRUIT COCKTAIL KIWI
19 **SALISBURY STEAK DRUMSTICK** DINNER ROLL MASHED POTATOES BAKED BEANS PEACH CUP CLEMENTINE	20 **HAM SLICE** W/DINNER ROLL **CORN DOG** SEASONED CARROTS CHERRY TOMATOES MIXED FRUIT CINN & SUGAR APPLESAUCE	21 **CHEESEBURGER SLIDERS ORANGE CHICKEN** W/ RICE STEAMED BROCCOLI CELERY REDPEARS GRAPES	22 **POPCORN CHICKEN TURKEY SLICE W/GRAVY** BISCUIT W/JELLY SEASONED CORN MASHED POTATOES WARM APPLE SLICES PEARS BROWNIE	23 **CHICKEN SANDWICH BOSCOS** W/MARINARA WEDGE FRIES SEASONED GREEN BEANS STRAWBERRIES BANANA
26 **TERIYAKI BITES ORANGE CHICKEN** W/ LO MEIN BROCCOLI BUTTERED CARROTS MANDARIN ORANGES GALA APPLE	27 **PULLED PORK HOT & SPICY TENDER** BABY CARROTS SEASONED CORN DICED PEACH CUP BLUSHING PEARS	28 **BBQ OR HOT WINGS HOT HAM &CHEESE** BREADSTICKS FRENCH FRIES CELERY FLAVORED APPLESAUCE GRAPES	29 **TACO WEDGE CHICKEN & NOODLES** DINNER ROLL MASHED POTATOES SEASONED CARROTS ORANGE WEDGES SLICED PEARS	30 **TURKEY & CHEESE SUB BIG DADDY PIZZA** CHERRY TOMATOES FRESH BROCCOLI WARM APPLE SLICES GRAPES

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

USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER
MENU SUBJECT TO CHANGE BASED ON AVAILABLILITY
ONLINE DEPOSITS DO NOT POST IMMEDIATELY TO ACCOUNTS

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