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?

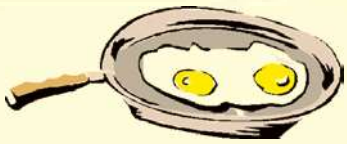
- "I like breakfast because I don't have time to eat at home."
- "It gives me a better attitude towards school."
- "I eat breakfast because I'm hungry!"



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

JANUARY 2026
RMS CAFE

Manager Joshua Weyant
Pamela Shippy
Stephanie Miller
Katherine Lindsey
Jill Thomas

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **WINTER BREAK**	2 **WINTER BREAK**
5 **MINI MAPLE PANCAKES** COCOA PUFFS SLICED PEARS APPLE JUICE	6 **DONUT HOLES** COCOA PUFFS STRAWBERRIES ORANGE JUICE	7 **BISCUITS & GRAVY** COCOA PUFFS APPLESAUCE FRUIT PUNCH	8 **APPLE FRUDEL** **W/ICING** COCOA PUFFS DICED PEACHES GRAPE JUICE	9 **FRENCH TOAST** COCOA PUFFS WARM APPLE SLICES FRUIT PUNCH
12 **MINI WAFFLES** LUCKY CHARMS MIXED FRUIT ORANGE JUICE	13 **CHOCOLATE DONUTS** LUCKY CHARMS SLICED PEARS GRAPE PUNCH	14 **HAM & CHEESE ENGLISH MUFFIN** LUCKY CHARMS STRAWBERRIES APPLE JUICE	15 **CONFETTI PANCAKES** LUCKY CHARMS APPLESAUCE FRUIT PUNCH	16 **SAUSAGE PANCAKE BITES** LUCKY CHARMS WARM APPLE SLICES GRAPE JUICE
19 **BREAKFAST PIZZA** FROSTED FLAKES DICED PEACHES ORANGE PUNCH	20 **CHERRY FRUDEL** **W/ICING** FROSTED FLAKES SLICED PEARS APPLE JUICE	21 **CINNA-MINI BAR** FROSTED FLAKES FRUIT COCKTAIL FRUIT PUNCH	22 **PIZZ A BAGEL** FROSTED FLAKES STRAWBERRIES GRAPE JUICE	23 **DONUT BAR** FROSTED FLAKES APPLESAUCE ORANGE JUICE
26 **MINI MAPLE PANCAKES** CINNAMON TOAST CRUNCH DICED PEACHES APPLE JUICE	27 **DONUT HOLES** CINNAMON TOAST CRUNCH SLICED PEARS ORANGE JUICE	28 **BISCUITS & GRAVY** CINNAMON TOAST CRUNCH STRAWBERRIES FRUIT PUNCH	29 **APPLE FRUDEL** **W/ICING** CINNAMON TOAST CRUNCH RED DELICIOUS APPLE GRAPE JUICE	30 **FRENCH TOAST** CINNAMON TOAST CRUNCH WARM APPLE SLICES 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 A.M. Breakfast: (Wednesday) 8:00 A.M.

ALACART MILK .40

LUNCH

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

JANUARY 2026
RMS CAFE

Manager Joshua Weyant
Pamela Shippy
Stephanie Miller
Katherine Lindsey
Jill Thomas

Monday	Tuesday	Wednesday	Thursday	Friday
			1 **WINTER BREAK**	2 **WINTER BREAK**
5 **STROMBOLI CHICKEN CHUNKS** SWEET POTATO FRIES SEASONED GREEN BEANS CHERRY FRUIT COCKTAIL APPLESAUCE	6 **PULLED PORK HOT & SPICY TENDER** BABY CARROTS SEASONED CORN DICED PEACH CUP BLUSHING PEARS	7 **MACARONI & CHEESE BITES RIPPERS** FRESH CAULIFLOWER BAKED BEANS STRAWBERRIES MIXED FRUIT	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 **HOT HAM & CHEESE 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 **STROMBOLI CHICKEN CHUNKS** SWEET POTATO FRIES FRESH CAULIFLOWER CHERRY FRUIT COCKTAIL APPLESAUCE	27 **PULLED PORK HOT & SPICY TENDER** BABY CARROTS SEASONED CORN DICED PEACH CUP BLUSHING PEARS	28 **MACARONI & CHEESE BITES RIPPERS** TOSSED SALAD BAKED BEANS STRAWBERRIES MIXED FRUIT	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

OFFERED DAILY
Choice of Milk, Juice and Fresh & Canned and Fresh Fruit & Vegetables
ALACART MILK .40
Yogurt Pack Homemade PB & J's

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Rotating Entrée's
Cold Sandwich **RMS Lunchable**
Uncrustables **Parfaits**
Nachos **Wraps**