



BREAKFAST

Paid: \$1.80 Reduced: .30¢
GUEST/VISITORS: \$2.50

AUGUST 2023

LITTLE ZEBBIE'S DINER BREAKFAST MENU

Manager DENA LAHMAN

Joann Shaffer

Mary Loving

Wendy Sutton

Madison Castro

Monday

Tuesday

Wednesday

Thursday

Friday

Cinnamon/Sugar Donut Holes 7
Trix Cereal
Diced Peaches
Orange Juice
Milk

Glazed Donut Ring 14
Lucky Charms Cereal
Cheese Cubes
Watermelon
Grape Juice
Milk

Cinnamon Bun 21
Cinnamon Toast Crunch
Cheese Cubes
Watermelon
Grape Juice
Milk

Mini Chocolate Donuts 28
Cocoa Puffs Cereal
Cheese Cubes
Diced Peaches
Apple Juice
Milk

Pancake & Sausage on a Stick 8
Trix Cereal
Cheese Cubes
Diced Pears
Apple Juice
Milk

Chocolate Chip French Toast 15
Lucky Charms Cereal
Cheese Cubes
Diced Pears
Orange Juice
Milk

[Bacon & Cheese Omelet 22
Cinnamon Toast Crunch Cereal
Cheese Cubes
Smurf Applesauce
Apple Juice
Milk

Mini Confetti Pancakes 29
Cocoa Puffs Cereal
Cheese Cubes
Mixed Fruit
Grape Juice
Milk

MINI CHOCOLATE DONUT 1
COCOA PUFFS
CHEESE STICK
DICED PEARS
ORANGE JUICE
MILK

Warm Apple Cinnamon Muffin 9
Trix Cereal
Cheese Cubes
Applesauce
Grape Juice
Milk

Cinnamon Bagel W/Cream Cheese 16
Lucky Charms Cereal
Cheese Cubes
Mixed Fruit
Apple Juice
Milk

Sausage & Cheese English Muffin 23
Cinnamon Toast Crunch Cereal
Cheese Cubes
Diced Peaches
Milk

Poptart 30
Cocoa Puffs Cereal
Cheese Cubes
Diced Pears
Orange Juice
Milk

GOOD GRAVY PIZZA 3
COCOA PUFFS
CHEESE STICK
GRAPES
APPLE JUICE
MILK

Mini Maple Waffles 10
Trix Cereal
Cheese Cubes
Grapes
Orange Juice
Milk

Mini Pancake & Sausage Bites 17
Lucky Charms Cereal
Cheese Cubes
Apple Slices
Grape Juice
Milk

Breakfast Pizza 24
Cinnamon Toast Crunch Cereal
Cheese Cubes
Fresh Pineapple
Grape Juice
Milk

Good Gravy Pizza 31
Cocoa Puffs Cereal
Cheese Cubes
Grapes
Apple Juice
Milk

Apple Frudel W/Icing 4
Cocoa Puffs Cereal
Diced Cantaloupe/Honey Dew
Grape Juice
Milk

Ham & Cheese Biscuit 11
Trix Cereal
Cheese Cubes
Strawberry Cup
Apple Juice
Milk

Sausage & Gravy Biscuit 18
Lucky Charms Cereal
Cheese Cubes
Cantaloupe
Orange Juice
Milk

Cherry Frudel W/Icing 25
Cinnamon Toast Crunch Cereal
Cheese Cubes
Strawberry Cup
Apple Juice
Milk

OFFERED DAILY

Choice of Milk, Juice and Fresh Fruits

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

ALACART Milk .40

Breakfast Mon., Tues., Thurs. & Fri. 7:30 am Wed. 7:45 am



PAY FOR MEALS ONLINE

MySchoolBucks.com



PAID: \$2.75 REDUCED: 40¢
ADULTS/GUEST: \$4.60

AUGUST 2023

LITTLE ZEBBIE'S DINER LUNCH

Manager DENA LAHMAN

Joann Shaffer
Mary Loving
Wendy Sutton
Madison Castro

Monday

Tuesday

Wednesday

Thursday

Friday

Welcome to
School
Year 2023-24

Chicken Sticks W/BBQ
Sauce
Baked Beans
French Fries
Diced Pears
Milk

Hot Dog & Bun
Cheetos
Baked Beans
Seasoned Corn
Diced Pears
Milk

BBQ Rib on Bun
Potato Wedges
W/Cheese Sauce
MIXED VEGETABLES
Smurf Applesauce
Milk

Mini Corn Dogs
Baked Beans
Potato Smiles
Diced Pears
Milk

Sausage Patty
French Toast Sticks
Hash Brown Starz
Celery Sticks
Applesauce
Milk

Nachos W/Meat & Cheese
Sauce
Breadstick
Seasoned Black Beans
Buttered Peas
Mixed Fruit

Walking Taco W/Meat &
Cheese
Refried Beans
Baby Carrots
Diced Peaches & Pears
Milk

Chicken Nuggets
W/BBQ Sauce
Tator Tots
California Blend
W/Cheese Sauce
Blueberries
Milk

Ham, Turkey & Cheese
Sunchips
Celery Sticks
Baby Carrots
Grapes
Milk

Bosco Sticks
W/Pizza Sauce
Romaine Salad
Baby Carrots
Mixed Fruit
WG Cookie
Milk

Popcorn Chicken
French Fries
Cucumber Slices
Seasoned Mixed Vegeta-
bles
Red Apple Slices

Hamburger W/Cheese
on Bun
French Fries
Tomato Slices
Fresh Pineapple
Milk

Ham, Turkey & Cheese
Sun Chips
Celery Sticks
Baby Carrots
Grapes
Milk

Chicken & Noodles
WG Dinner Roll
Green Beans
Mashed Potatoes
Diced Cantaloupe & Honey
Dew
Milk

Country Baked Steak
W/Gravy
Biscuit
Diced Potatoes
Green Pepper Rings
Strawberry Cup

Goulash
Garlic Cheese Bread
Fresh Cauliflower
Cantaloupe Wedge
Brownie
Milk

Meatballs W/Gravy
WG Biscuit
Mashed Potatoes
Green Beans
Strawberry Cup
Milk

Chicken & Noodles
Dinner Roll
Mashed Potatoes
Green Beans
Cherry Crisp
Milk

Pizza Crunchers
W/Pizza Sauce
Romaine Salad
Fresh Cauliflower
Fruit Slushy
Milk

Yogurt Cup & Cheese Stick
Cinnamon Tst Crunch or
Lucky Charms Cereal
Tator Tots
Tropical Twist Juice
Banana

French Bread Pizza
W/Pizza Sauce
Romaine Salad
Grape Tomatoes
Watermelon Wedge
Milk

Stuffed Crust Sausage Pizza
W/Pizza Sauce
Romaine Salad
Cucumber Slices
Grapes
Zebra Pudding
Milk

OFFERED DAILY
Choice of Milk, Juice and Fresh
Fruits and Vegetables

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ALACART Milk .40

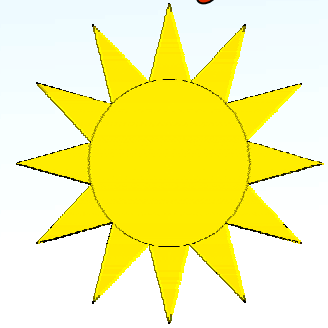


PAY FOR MEALS ONLINE
MySchoolBucks.com

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

Toast

Muffins

Sweet

Rolls

Pancakes

Eggs

Fruit

Waffles

Hot Cereal

Bagels

English Muffins

Milk



This institution is an equal opportunity provider.



AND JUSTICE FOR ALL



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, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)

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.ascr.usda.gov/sites/default/files/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.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;

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, edad, discapacidad, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles (no todos los principios de prohibición aplican a todos los programas).

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.ascr.usda.gov/sites/default/files/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.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:

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Esta institución ofrece igualdad de oportunidades.