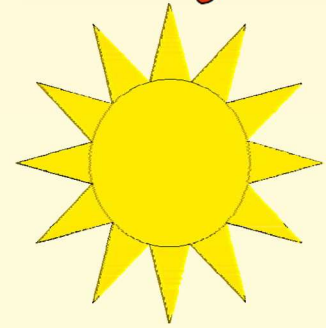


# Discover School Breakfast!

## WHY EAT BREAKFAST?

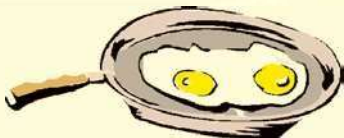
- It is a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you charged up for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting 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 IS FOR BREAKFAST?



- |          |                 |
|----------|-----------------|
| Cereal   | Fruit           |
| Toast    | Waffles         |
| Muffins  | Hot Cereal      |
| Sweet    | Bagels          |
| Rolls    | English Muffins |
| Pancakes | Milk            |
| Eggs     |                 |



This institution is an equal opportunity provider.



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.

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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](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

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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](mailto:program.intake@usda.gov).

Esta institución ofrece igualdad de oportunidades.



# FEBRUARY 2026

MANAGER DENA LAHMAN

Wendy Sutton

Mary Loving

JoAnn Shaffer

Madison Castro

PAID: \$2.00 REDUCED: .30¢

ADULTS/GUEST: \$2.50

## LITTLE ZEBBIE'S DINER

Monday

Tuesday

Wednesday

Thursday

Friday

**2**  
MINI POWDERED DONUTS  
CINNAMON TOAST CRUNCH  
w/CHEESE STICK  
DICED PEACH CUP  
APPLE JUICE  
MILK

**3**  
MINI MAPLE PANCAKES  
CINNAMON TOAST CRUNCH  
APPLESAUCE  
GRAPE JUICE  
MILK

**4**  
CINNAMON PEACH MUFFIN  
CINNAMON TOAST CRUNCH  
w/CHEESE STICK  
DICED PEARS  
ORANGE JUICE  
MILK

**5**  
GOOD GRAVY PIZZA  
CINNAMON TOAST CRUNCH  
STRAWBERRIES  
FRUIT PUNCH JUICE  
MILK

**6**  
APPLE FRUDEL W/ICING  
CINNAMON TOAST CRUNCH  
MIXED FRUIT  
APPLE JUICE  
MILK

**9**  
YEAST DONUT  
COCOA PUFFS  
w/CHEESE STICK  
DICED PEACH CUP  
GRAPE JUICE  
MILK

**10**  
MINI BLUEBERRY WAFFLES  
COCOA PUFFS  
APPLESAUCE  
ORANGE JUICE  
MILK

**11**  
STRAWBERRY POPTART  
COCOA PUFFS  
w/CHEESE STICK  
ORANGE SLICES  
FRUIT PUNCH JUICE  
MILK

**12**  
MAPLE PANCAKE WRAP  
COCOA PUFFS  
DICED PEARS  
APPLE JUICE  
MILK

**13**  
SAUSAGE GRAVY & BISCUIT  
COCOA PUFFS  
WARM APPLE SLICES  
GRAPE JUICE  
MILK

**16**  
CINNAMON BUN  
FROSTED FLAKES  
w/CHEESE STICK  
DICED PEACH CUP  
ORANGE JUICE  
MILK

**17**  
MINI CONFETTI PANCAKES  
FROSTED FLAKES  
APPLESAUCE  
FRUIT PUNCH JUICE  
MILK

**18**  
CINNAMON MUFFIN  
FROSTED FLAKES  
w/CHEESE STICK  
BLUEBERRIES  
APPLE JUICE  
MILK

**19**  
STRAWBERRY YOGURT  
PARFAIT  
FROSTED FLAKES  
DICED PEARS  
GRAPE JUICE  
MILK

**20**  
BACON & CHEESE BISCUIT  
FROSTED FLAKES  
APPLESAUCE  
ORANGE JUICE  
MILK

**23**  
BLUEBERRY DONUT  
HOLES  
LUCKY CHARMS  
w/CHEESE STICK  
DICED PEACH CUP  
FRUIT PUNCH JUICE  
MILK

**24**  
FRENCH TOAST BITES  
LUCKY CHARMS  
DICED PEARS  
APPLE JUICE  
MILK

**25**  
FUDGE POP TART  
LUCKY CHARMS  
w/CHEESE STICK  
STRAWBERRIES  
GRAPE JUICE  
MILK

**26**  
SAUSAGE & CHEESE BISCUIT  
LUCKY CHARMS  
APPLESAUCE  
ORANGE JUICE  
MILK

**27**  
STRAWBERRY & BLUEBERRY  
PARFAIT  
LUCKY CHARMS  
FRUIT PUNCH JUICE  
STRAWBERRIES/BLUEBERRIES  
MILK

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

USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER  
MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY  
**BREAKFAST MON., TUES., and THURS. & FRI. 7:30 AM WED. 7:45 AM**

**ALACART MILK .45**





# FEBRUARY 2026

## LITTLE ZEBBIE'S DINER

Manager Dena Lahman

Wendy Sutton

Mary Loving

JoAnn Shaffer

Madison Castro

PAID: \$3.00 REDUCED: .40¢

ADULTS/GUEST: \$4.60

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday

#### FRENCH TOAST STICKS <sup>2</sup>

SAUSAGE PATTY  
TATOR TOTS  
SEASONED CORN  
JUICE BOX  
MILK

#### GRILLED CHEESE <sup>3</sup>

TOMATO SOUP  
BAKED BEANS  
STRAWBERRY MIXED FRUIT  
MILK

#### WALKING TACO <sup>4</sup>

ROMAINE SALAD  
GRAPE TOMATOES  
GRANNY SMITH APPLE  
MILK

#### COUNTRY BAKED STEAK <sup>5</sup>

W/ GRAVY & DINNER ROLL  
SEASONED GREEN BEANS  
MASHED POTATOES  
PEACH CRISP  
MILK

#### GO GURT & CHEESE <sup>6</sup>

STICK W/CEREAL  
CELERY STICKS  
DRAGON PUNCH  
KIWI  
MILK

#### CHICKEN NUGGETS <sup>9</sup>

BAKED BEANS  
POTATO WEDGES  
DICED PEACH CUP  
MILK

#### SAUSAGE LINK <sup>10</sup>

MACARONI & CHEESE  
BUTTERED PEAS  
BABY CARROTS  
ORANGE APPLESAUCE  
MILK

#### BOSCO STICK <sup>11</sup>

ROMAINE SALAD  
SEASONED CORN  
STRAWBERRY JELLO W/PEARS  
MILK

#### CHICKEN & NOODLES <sup>12</sup>

DINNER ROLLS  
SEASONED GREEN BEANS  
MASHED POTATOES  
WARM APPLE SLICES  
MILK

#### CORN DOG <sup>13</sup>

FRENCH FRIES  
CELERY  
STRAWBERRIES  
WHITE CAKE  
MILK

#### HOT DOG <sup>16</sup>

BAKED BEANS  
SEASONED MIXED VEGGIES  
SMURF APPLESAUCE  
MILK

#### GRILLED HAM & CHEESE <sup>17</sup>

POTATO WEDGES  
SEASONED CORN  
BLUEBERRIES & PEACHES  
MILK

#### CHEESE PIZZA <sup>18</sup>

ROMAINE SALAD  
TOMATOES  
ORANGE MIXED FRUIT  
MILK

#### HAMBURGER STEAK <sup>19</sup>

W/GRAVY  
BISCUIT  
SEASONED GREEN BEANS  
MASHED POTATOES  
DICED PEACH CUP  
MILK

#### FISH SHAPES <sup>20</sup>

POTATO SMILES  
BABY CARROTS  
STRAWBERRIES  
ICE CREAM CUP  
MILK

#### HAMBURGER <sup>23</sup>

W/CHEESE & BACON  
BAKED BEANS  
FRENCH FRIES  
DICED PEARS  
MILK

#### CHICKEN STRIPS <sup>24</sup>

GARLIC TOAST  
SEASONED GREEN BEANS  
MASHED POTATOES  
STRAWBERRY MIXED FRUIT  
MILK

#### CIRCLE PASTA <sup>25</sup>

BREADSTICK  
SEASONED CORN  
ROMAINE SALAD  
SMURF JELLO W/BLUEBERRIES  
MILK

#### CHICKEN CASSEROLE <sup>26</sup>

BISCUIT  
BUTTERED PEAS  
FRESH BROCCOLI  
STRAWBERRIES  
MILK

#### TURKEY & CHEESE SANDWICH <sup>27</sup>

BABY CARROTS  
CELERY STICKS  
GALA APPLE  
COOKIE  
MILK



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

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ALACART MILK .45



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