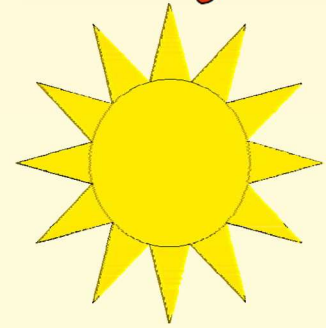


Discover School Breakfast!

WHY EAT BREAKFAST?

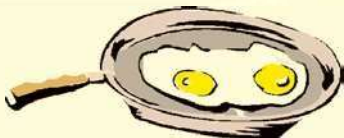
- It is a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you charged up for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting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

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, audiotope, 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

APRIL 2026

LITTLE ZEBBIE'S DINER

MANAGER DENA LAHMAN

Wendy Sutton
Mary Loving
JoAnn Shaffer
Madison Castro



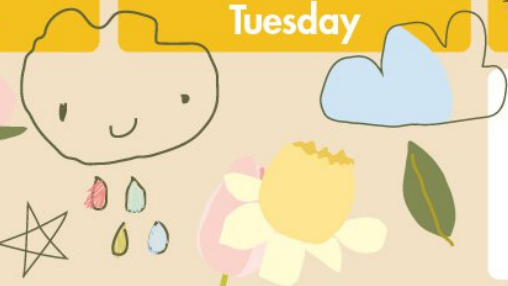
Monday

Tuesday

Wednesday

Thursday

Friday



1
FUDGE POP TART
LUCKY CHARMS
w/CHEESE STICK
STRAWBERRIES
GRAPE JUICE
MILK

2
SAUSAGE & CHEESE BISCUIT
LUCKY CHARMS
APPLESAUCE
ORANGE JUICE
MILK

3
NO SCHOOL

6
MINI POWDERED DONUTS
CINNAMON TOAST CRUNCH
w/CHEESE STICK
DICED PEACH CUP
APPLE JUICE
MILK

7
MINI MAPLE PANCAKES
CINNAMON TOAST CRUNCH
APPLESAUCE
GRAPE JUICE
MILK

8
CINNAMON PEACH MUFFIN
CINNAMON TOAST CRUNCH
w/CHEESE STICK
DICED PEARS
ORANGE JUICE
MILK

9
GOOD GRAVY PIZZA
CINNAMON TOAST CRUNCH
STRAWBERRIES
FRUIT PUNCH JUICE
MILK

10
APPLE FRUDEL W/ICING
CINNAMON TOAST CRUNCH
MIXED FRUIT
APPLE JUICE
MILK

13
YEAST DONUT
COCOA PUFFS
w/CHEESE STICK
DICED PEACH CUP
GRAPE JUICE
MILK

14
MINI BLUEBERRY WAFFLES
COCOA PUFFS
APPLESAUCE
ORANGE JUICE
MILK

15
STRAWBERRY POPTART
COCOA PUFFS
w/CHEESE STICK
ORANGE SLICES
FRUIT PUNCH JUICE
MILK

16
MAPLE PANCAKE WRAP
COCOA PUFFS
DICED PEARS
APPLE JUICE
MILK

17
STRAWBERRY PANCAKE PUFF
COCOA PUFFS
WARM APPLE SLICES
GRAPE JUICE
MILK

20
CINNAMON BUN
FROSTED FLAKES
w/CHEESE STICK
DICED PEACH CUP
ORANGE JUICE
MILK

21
MINI CONFETTI PANCAKES
FROSTED FLAKES
APPLESAUCE
FRUIT PUNCH JUICE
MILK

22
CINNAMON MUFFIN
FROSTED FLAKES
w/CHEESE STICK
BLUEBERRIES
APPLE JUICE
MILK

23
STRAWBERRY YOGURT
PARFAIT
FROSTED FLAKES
DICED PEARS
GRAPE JUICE
MILK

24
HAM & CHEESE BISCUIT
FROSTED FLAKES
APPLESAUCE
ORANGE JUICE
MILK

27
BLUEBERRY DONUT HOLES
LUCKY CHARMS
w/CHEESE STICK
DICED PEACH CUP
FRUIT PUNCH JUICE
MILK

28
FRENCH TOAST BITES
LUCKY CHARMS
DICED PEARS
APPLE JUICE
MILK

29
FUDGE POP TART
LUCKY CHARMS
w/CHEESE STICK
STRAWBERRIES
GRAPE JUICE
MILK

30
SAUSAGE & CHEESE BISCUIT
LUCKY CHARMS
APPLESAUCE
ORANGE JUICE
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



Monday

Tuesday

Wednesday

Thursday

Friday



6

FRENCH TOAST STICKS
SAUSAGE PATTY
TATOR TOTS
SEASONED CORN
JUICE BOX
MILK

13

CHICKEN NUGGETS
BAKED BEANS
POTATO WEDGES
DICED PEACH CUP
MILK

20

HOT DOG
BAKED BEANS
SEASONED MIXED VEGGIES
SMURF APPLESAUCE
MILK

27

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

7

COUNTRY BAKED STEAK
W/ GRAVY & DINNER ROLL
BAKED BEANS
MASHED POTATOES
PEACH CRISP
MILK

14

SAUSAGE LINK
MACARONI & CHEESE
BUTTERED PEAS
BABY CARROTS
ORANGE APPLESAUCE
MILK

21

GRILLED HAM & CHEESE
POTATO WEDGES
SEASONED CORN
BLUEBERRIES & PEACHES
MILK

28

CHICKEN STRIPS
GARLIC TOAST
SEASONED GREEN BEANS
MASHED POTATOES
STRAWBERRY MIXED FRUIT
MILK

1

PASTA
BREADSTICK
SEASONED CORN
ROMAINE SALAD
SMURF JELLO W/BUEBERRIES
MILK

8

WALKING TACO
ROMAINE SALAD
GRAPE TOMATOES
GRANNY SMITH APPLE
MILK

15

BOSCO STICK
ROMAINE SALAD
SEASONED CORN
STRAWBERRY JELLO W/PEARS
MILK

22

CHEESE PIZZA
ROMAINE SALAD
TOMATOES
ORANGE MIXED FRUIT
DIRT PUDDING
MILK

29

PASTA
BREADSTICK
SEASONED CORN
ROMAINE SALAD
SMURF JELLO W/BUEBERRIES
MILK

2

CHICKEN CASSEROLE
BISCUIT
BUTTERED PEAS
FRESH BROCCOLI
STRAWBERRIES
MILK

9

GRILLED CHEESE
TOMATO SOUP
SEASONED GREEN BEANS
STRAWBERRY MIXED FRUIT
MILK

16

CHICKEN & NOODLES
DINNER ROLLS
SEASONED GREEN BEANS
MASHED POTATOES
WARM APPLE SLICES
MILK

23

HAMBURGER STEAK
W/GRAVY
BISCUIT
SESONED GREEN BEANS
MASHED POTATOES
DICED PEACH CUP
MILK

3

NO SCHOOL

10

GOGURT & CHEESE STICK
W/CEREAL
CELERY STICKS
DRAGON PUNCH
KIWI
MILK

17

CORN DOG
FRENCH FRIES
CELERY
STRAWBERRIES
WHITE CAKE
MILK

24

FISH SHAPES
POTATO SMILES
BABY CARROTS
STRAWBERRIES
ICE CREAM CUP
MILK

30

CHICKEN CASSEROLE
BISCUIT
BUTTERED PEAS
FRESH BROCCOLI
STRAWBERRIES
MILK

OFFERED DAILY
Choice of Milk, Juice, Fresh
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ALACART MILK .45