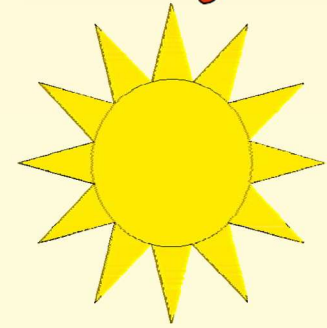


Discover School Breakfast!

WHY EAT BREAKFAST?

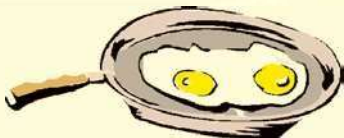
- It is a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you charged up for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting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



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 (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

MAY 2026

LITTLE ZEBBIE'S DINER

MANAGER DENA LAHMAN

Wendy Sutton
Mary Loving
JoAnn Shaffer
Madison Castro

Monday

Tuesday

Wednesday

Thursday

Friday



1
PLAIN/BLUEBERRY DONUTS
CEREAL
WARM APPLE SLICES
JUICE
MILK

4
PANCAKES/CINNABUN
CEREAL
DICED PEACHES
JUICE
MILK

5
PANCAKE ON A STICK
CEREAL
DICED PEARS
JUICE
MILK

6
BLUEBERRY WAFFLES/ELFIN
CEREAL
FLAVORED APPLESAUCE
JUICE
MILK

7
FRENCH TOAST
CEREAL
W/STRING CHEESE
STRAWBERRIES
JUICE
MILK

8
NO SCHOOL

11
BREAKFAST PIZZA
CEREAL
DICED PEACHES
JUICE
MILK

12
COCOA PUFF CEREAL BAR
CEREAL
APPLESAUCE
JUICE
MILK

13
HAM & CHEESE BISCUIT
CEREAL
WARM APPLE SLICES
JUICE
MILK

14
CHOCOLATE DONUTS
CEREAL
CUTIES
JUICE
MILK

15
CHERRY FRUEDEL
W/ICING
CEREAL
MIXED FRUIT
JUICE
MILK

18
CELEBRATION CAKE BAR
CEREAL
WARM APPLE SLICES
JUICE
MILK

19
WARM POPTART
CEREAL
DICED PEARS
JUICE
MILK

20
SAUSAGE & CHEESE BISCUIT
CEREAL
DICED PEACHES
JUICE
MILK

21
STRAWBERRY BAGEL
CEREAL
ORANGE SMILES
JUICE
MILK

22
CHOCOLATE CRESCENT
W/ICING
CEREAL
MIXED FRUIT
JUICE
MILK

25
NO SCHOOL

26
PANCAKE ON A STICK
CEREAL
DICED PEARS
JUICE
MILK

27
STRAWBERRY LOAF
W/ICING
CEREAL
MIXED FRUIT
JUICE
MILK

28
APPLE FRUEDEL
W/ICING
CEREAL
BANANA
JUICE
MILK

29
COCOA PUFF CEREAL BAR
CEREAL
DICED PEACHES
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

**FREE SUMMER MEAL PROGRAM STARTS JUNE 1ST, 2026 ROCHESTER HIGH SCHOOL & COLUMBIA ELEMENTARY SERVING BREAKFAST & LUNCH
FULTON COUNTY & KEWANNA PUBLIC LIBRARY LUNCH ONLY – SEE MENUS FOR TIMES**

ALACART MILK .45

MY SCHOOL BUCKS **PAY FOR MEALS ONLINE**
MySchoolBucks.com

Monday

Tuesday

Wednesday

Thursday

Friday



4
BRD CHICKEN SANDWICH
SWEET POTATO FRIES
BAKED BEANS
DICED PEACHES
MILK

5
FRENCH TOAST STICKS
SAUSAGE PATTY
HASHBROWN STARZ
CELERY STICKS
FLAVORED APPLESAUCE
MILK

6
PIZZA CRUNCHERS
TOSSED ROMAINE SALAD
BABY CARROTS
STRAWBERRIES
WHITE CAKE
MILK

7
CHICKEN AND NOODLES
W/ CORN BREAD/ DINNER ROLL
SEASONED GREEN BEANS
MASHED POTATOES
MIXED FRUIT
MILK

1
CORN DOG
POTATO SMILES/TOTS
SEASONED CORN
DICED PEARS
MILK

11
HAMBURGER
W/CHEESE SLICE
SWEET POTATO FRIES
SEASONED CORN
DICED PEACHES
MILK

12
BOSCO
W/ MARINARA SAUCE
BAKED BEANS
FRESH CAULIFLOWER
WARM APPLE SLICES
MILK

13
SPAGHETTI
W/MEAT SAUCE
GARLIC TOAST
TOSSED ROMAINE SALAD
CUTIE
MILK

14
TURKEY & CHEESE SUB
WG CHIPS
BABY CARROTS & CELERY
FRUIT CUP
WG COOKIE
MILK

8
NO SCHOOL

15
PIZZA
SEASONED GREEN BEANS
HASHBROWN STARZ/WEDGES
FRESH APPLE SLICES
ICE CREAM
MILK

18
SLOPPY JOE
POTATOES
BAKED BEANS
DICE PEARS
STRAWBERRIES
MILK

19
MACARONI & CHEESE BITES
STEAMED BROCCOLI
BABY CARROTS
DICED PEACHES
MILK

20
WALKING TACO
W/MEAT & CHEESE
ROMAINE SALAD
GRAPE TOMATO'S
ORANGE SMILES
MILK

21
CHICKEN STRIPS
W/SAUCE
SEASONED GREEN BEANS
CUCUMBER SLICES
MIXED FRUIT
MILK

22
MINI PIZZA TRIANGLES
SEASONED CORN
WEDGE POTATOES
FLAVORED APPLESAUCE
MILK

25
NO SCHOOL

26
FRENCH TOAST STICKS
SAUSAGE PATTY
HASHBROWN STARZ
CELERY STICKS
WATERMELON WEDGE
MILK

27
PIZZA CRUNCHERS
TOSSED ROMAINE SALAD
BABY CARROTS
STRAWBERRIES
WHITE CAKE
MILK

28
CHICKEN AND NOODLES
W/ DINNER ROLL
SEASONED GREEN BEANS
MASHED POTATOES
MIXED FRUIT
MILK

29
HOT DOG
WG CHIPS
BABY CARROTS & CELERY
PEACH CUP
FRUIT ROLL UP
WG COOKIE
MILK

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

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