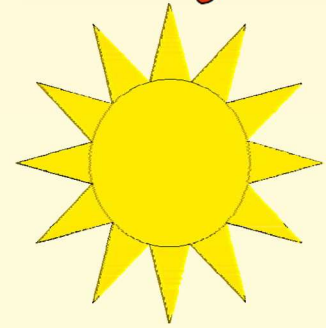


# Discover School Breakfast!

## WHY EAT BREAKFAST?

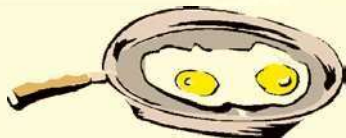
- It is a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you charged up for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting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

This institution is an equal opportunity provider.

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

Esta institución ofrece igualdad de oportunidades.

**BREAKFAST**

PAID: \$2.00 REDUCED: .30¢  
ADULTS/GUEST: \$2.50

**FEBRUARY 2026**  
**RHS ZEBRA CAFE**

MANAGER AMANDA WEYANT

LEAH SUTTON      MISSY SMITH  
AUTUMN HUGHES      ROBIN GRAY  
MEGAN BURDEN      KATHRYN DERSKI

Monday	Tuesday	Wednesday	Thursday	Friday
<b>FRENCH TOAST SWIRLS</b> <sup>2</sup> W/ SAUSAGE PATTY FLAVORED APPLESAUCE FRUIT PUNCH	<b>BREAKFAST BAGEL SANDWICH</b> <sup>3</sup> DICED PEACH CUP APPLE JUICE	<b>BREAKFAST BURRITO W/CHEESE SAUCE</b> <sup>4</sup> FRUIT COCKTAIL ORANGE JUICE	<b>HAM &amp; CHEESE CROISSANT</b> <sup>5</sup> SLICED PEARS GRAPE JUICE	<b>CINNAMON POPPERS W/ICING</b> <sup>6</sup> APPLESAUCE FRUIT PUNCH
<b>SMOTHERED TATOR TOTS</b> <sup>9</sup> STRAWBERRIES APPLE JUICE	<b>STRAWBERRY CREAM CHEESE DONUT W/ICING</b> <sup>10</sup> DICED PEACH CUP ORANGE JUICE	<b>CINNAMON ROLL</b> <sup>11</sup> FRUIT COCKTAIL SLICED PEARS GRAPE JUICE	<b>CHICKEN SLIDERS</b> <sup>12</sup> APPLESAUCE FRUIT PUNCH	<b>DONUT BAR</b> <sup>13</sup> FRUIT COCKTAIL APPLE JUICE
<b>BREAKFAST PIZZA</b> <sup>16</sup> PEACHES ORANGE JUICE	<b>CRÈME FILLED LONG JOHN</b> <sup>17</sup> MIXED FRUIT GRAPE JUICE	<b>BREAKFAST BURRITO W/CHEESE SAUCE</b> <sup>18</sup> FRUIT COCKTAIL STRAWBERRIES FRUIT PUNCH	<b>BREAKFAST BOWL</b> <sup>19</sup> CINNAMON APPLESAUCE APPLE JUICE	<b>CINNAMON POPPERS W/ICING</b> <sup>20</sup> SLICED PEARS ORANGE JUICE
<b>CHICKEN &amp; WAFFLES</b> <sup>23</sup> DICED PEACH CUP GRAPE JUICE	<b>WARM BANANA CHOCOLATE CHIP BREAD W/ICING</b> <sup>24</sup> FRUIT COCKTAIL FRUIT PUNCH	<b>CINNAMON ROLL</b> <sup>25</sup> FRUIT COCKTAIL BLUSHING PEARS APPLE JUICE	<b>PANCAKE ON A STICK HASHBROWN</b> <sup>26</sup> CHERRY MIXED FRUIT ORANGE JUICE	<b>DONUT BAR</b> <sup>27</sup> BERRY APPLESAUCE GRAPE JUICE

OFFERED DAILY  
POPARTS, BARS, UNCRUSTABLES  
CEREAL, DONUTS, & MUFFINS  
CHOICE OF MILK, JUICE, CANNED & FRESH FRUIT

WHEN AVAILABLE USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER  
MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

**ALACART MILK .45**

**Breakfast: (Mon, Tues, Thurs, Fri) 7:30 A.M. Breakfast: (Wednesday) 8:00 A.M.**

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



LUNCH

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

# FEBRUARY 2026

## RHS ZEBRA CAFE

MANAGER AMANDA WEYANT

LEAH SUTTON  
AUTUMN HUGHES  
MEGAN BURDEN

MISSY SMITH  
ROBIN GRAY  
KATHRYN DERSKI

### Monday

**STROMBOLI CHICKEN STRIPS** <sup>2</sup>  
BISCUIT STICK  
SEASONED GREEN BEANS  
SEASONED CORN  
DICED PEACHES  
APPLESAUCE

**MOZZARELLA STICKS CHICKEN NUGGETS** <sup>9</sup>  
W/ BISCUIT STICK  
SEASONED GREEN BEANS  
CHERRY TOMATOES  
SLICED PEARS  
FLAVORED APPLESAUCE

**SALISBURY STEAK SLOPPY JOE** <sup>16</sup>  
W/ BISCUIT STICK & GRAVY  
POTATO WEDGES  
SEASONED CORN  
PEACH CRISP W/ CREAM  
RED DELICIOUS APPLE

**COUNTRY FRIED STEAK BITES CHICKEN DRUMSTICK** <sup>23</sup>  
BISCUIT STICK  
MASHED POTATOES  
SEASONED CORN  
DICED PEACHES  
APPLESAUCE

### Tuesday

**PULLED PORK FAJITA CHICKEN OR BEEF** <sup>3</sup>  
ONIONS & PEPPERS  
REFRIED BEANS  
TOMATOES, LETTUCE  
BLUSHING PEARS  
CHERRY MIXED FRUIT

**WALKING OR SOFT TACO MAC & CHEESE** <sup>10</sup>  
REFRIED BEANS  
TOMATO & ROMAINE LETTUCE & CHEESE  
PEACHES  
FRUIT COCKTAIL  
NO BAKE COOKIES

**CHICKEN SANDWICH WALKING OR SOFT TACO** <sup>17</sup>  
REFRIED BEANS  
TOMATOES, LETTUCE  
CINNAMON APPLESAUCE  
CHERRY MIXED FRUIT

**HOT & SPICY TENDERS MOSTACCOLI** <sup>24</sup>  
W/ BISCUIT  
SEASONED PEAS  
CALIFORNIA BLEND  
W/CHEESE SAUCE DRIZZLE  
CLEMENTINE  
FRUIT COCKTAIL

### Wednesday

**BBQ OR HOT WINGS HOT HAM & CHEESE** <sup>4</sup>  
W/ BISCUIT STICK  
WEDGE POTATOES  
CAULIFLOWER  
STRAWBERRIES  
GRANNY SMITH APPLE

**CHICKEN TENDERS PEPPERONI RIPPERS** <sup>11</sup>  
W/ BISCUIT STICK  
W/MARINARA SAUCE  
SEASONED PEAS  
FRESH CARROTS  
GALA APPLE  
BLUEBERRIES

**SUPER SUB GENERAL TSO'S CHICKEN** <sup>18</sup>  
W/RICE  
BAKED BEANS  
STEAMED BROCCOLI  
BLUSHING PEARS  
KIWI

**BEEFY FIESTA POCKET BBQ OR PLAIN WINGS** <sup>25</sup>  
BAKED BEANS  
FRENCH FRIES  
PEARS  
GRAPES  
NO BAKE COOKIES

### Thursday

**MACARONI & CHEESE BITES ZEBRA CHICKEN BOWL** <sup>5</sup>  
POPCORN CHICKEN, CORN  
MASHED POTATOES, GRAVY  
TOPPED WITH CHEESE  
KIWI  
RED DELICIOUS APPLE

**CHICKEN NOODLES TERIYAKI BITES** <sup>12</sup>  
DINNER ROLL  
SEASONED CORN  
MASHED POTATOES  
ORANGE SLICES  
CHERRY MIXED FRUIT

**FISH SANDWICH CHICKEN ALFREDO** <sup>19</sup>  
SEASONED CORN  
POTATOES  
ORANGE SLICES  
CHERRY MIXED FRUIT

**CHICKEN NOODLES TERIYAKI BITES** <sup>26</sup>  
DINNER ROLL  
SEASONED GREEN BEANS  
MASHED POTATOES  
ORANGE SLICES  
CHERRY MIXED FRUIT

### Friday

**TURKEY & CHEESE SUB FRENCH BREAD PIZZA** <sup>6</sup>  
W/MARINARA SAUCE  
BAKED BEANS  
BABY CARROTS  
BLUEBERRIES  
CLEMENTINE

**HEART CORN DOGS BUFFALO BITES** <sup>13</sup>  
BAKED BEANS  
HASHBROWN  
GRANNY SMITH APPLE  
STRAWBERRIES  
WHITECAKE

**BIG DADDY PIZZA TENDERLION** <sup>20</sup>  
ROMAINE SALAD  
BABY CARROTS  
STRAWBERRIES  
ORANGE SLICES

**STUFFED CRUST PIZZA BURRITO** <sup>27</sup>  
W/MARINARA SAUCE  
ROMAINE SALAD  
REFRIED BEANS  
STRAWBERRIES  
SLICED PEACHES

### ALACARTE REIMBURSABLE ENTRÉE

MONDAY: MINI CORN DOGS  
TUESDAY: CALZONE  
WEDNESDAY: BOSCO'S/CHEESY BREAD  
THURSDAY: CHEESEBURGER/CRUNCHERS  
FRIDAY: CHICKEN



**USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER**  
**MENU SUBJECT TO CHANGE BASED ON AVAILABILITY**  
**ONLINE DEPOSITS DO NOT POST IMMEDIATELY TO ACCOUNTS**

### ROTATING REIMBURSABLE ENTREES

ENTRÉE SALADS  
WRAPS  
COLD SANDWICH  
PARFAITS  
RHS LUNCHABLE

HOMEMADE PB&J  
FRUIT & MEAT CUP  
YOGURT & STRING CHEESE  
UNCRUSTABLES

