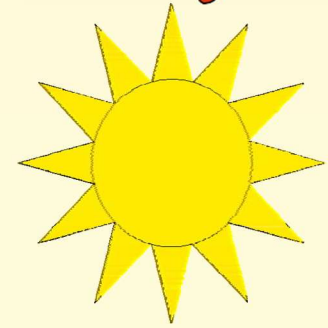


Discover School Breakfast!

WHY EAT BREAKFAST?

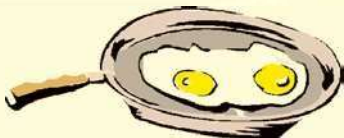
- It is a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you charged up for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting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

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.

Esta institución ofrece igualdad de oportunidades.



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

MARCH 2026

RHS ZEBRA CAFE

MANAGER AMANDA WEYANT

Leah Sutton
Missy Smith
Autumn Hughes

Stephanie Miller
Robin Gray
Kathryn Dereski

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>FRENCH TOAST SWIRLS W/ SAUSAGE PATTY FLAVORED APPLESAUCE FRUIT PUNCH</p>	<p>3</p> <p>BREAKFAST BAGEL SANDWICH DICED PEACH CUP APPLE JUICE</p>	<p>4</p> <p>BREAKFAST BURRITO W/CHEESE SAUCE FRUIT COCKTAIL ORANGE JUICE</p>	<p>5</p> <p>HAM & CHEESE CROISSANT SLICED PEARS GRAPE JUICE</p>	<p>6</p> <p>CINNAMON POPPERS W/ICING APPLESAUCE FRUIT PUNCH</p>
<p>9</p> <p>SMOTHERED TATOR TOTS STRAWBERRIES APPLE JUICE</p>	<p>10</p> <p>STRAWBERRY CREAM CHEESE DONUT W/ICING DICED PEACH CUP ORANGE JUICE</p>	<p>11</p> <p>CINNAMON ROLL FRUIT COCKTAIL SLICED PEARS GRAPE JUICE</p>	<p>12</p> <p>CHICKEN SLIDERS APPLESAUCE FRUIT PUNCH</p>	<p>13</p> <p>DONUT BAR FRUIT COCKTAIL APPLE JUICE</p>
<p>16</p> <p>SPRING BREAK</p>	<p>17</p> <p>SPRING BREAK</p>	<p>18</p> <p>SPRING BREAK</p>	<p>19</p> <p>SPRING BREAK</p>	<p>20</p> <p>SPRING BREAK</p>
<p>23</p> <p>SPRING BREAK</p>	<p>24</p> <p>SPRING BREAK</p>	<p>25</p> <p>SPRING BREAK</p>	<p>26</p> <p>SPRING BREAK</p>	<p>27</p> <p>SPRING BREAK</p>
<p>30</p> <p>CHICKEN & WAFFLES DICED PEACH CUP GRAPE JUICE</p>	<p>31</p> <p>WARM BANANA CHOCOLATE CHIP BREAD W/ICING FRUIT COCKTAIL FRUIT PUNCH</p>			

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com

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.



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

MARCH 2026

RHS ZEBRA CAFE

MANAGER AMANDA WEYANT

Leah Sutton
Missy Smith
Autumn Hughes

Stephanie Miller
Robin Gray
Kathryn DerEski

Monday

Tuesday

Wednesday

Thursday

Friday

STROMBOLI ²
CHICKEN STRIPS
BISCUIT STICK
SEASONED GREEN BEANS
SEASONED CORN
DICED PEACHES
APPLESAUCE

PULLED PORK ³
FAJITA CHICKEN OR BEEF
ONIONS & PEPPERS
REFRIED BEANS
TOMATOES, LETTUCE
BLUSHING PEARS

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

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

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

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

WALKING OR SOFT TACO ¹⁰
CRISPY CHICKEN
REFRIED BEANS
TOMATO & ROMAINE LETTUCE &
CHEESE
PEACHES
FRUIT COCKTAIL

PEPPERONI RIPPERS ¹¹
W/MARINARA SAUCE
CHICKEN TENDERS
W/ BISCUIT STICK
SEASONED PEAS
FRESH CARROTS
GALA APPLE

HOT & SPICY ¹²
FISH SANDWICH
SEASONED CORN
POTATOES
ORANGE SLICES
CHERRY MIXED FRUIT

CORN DOG ¹³
DILL CK BITES
BAKED BEANS
HASHBROWN
GRANNY SMITH APPLE
STRAWBERRIES
WHITECAKE

SPRING BREAK ¹⁶

SPRING BREAK ¹⁷

SPRING BREAK ¹⁸

SPRING BREAK ¹⁹

SPRING BREAK ²⁰

SPRING BREAK ²³

SPRING BREAK ²⁴

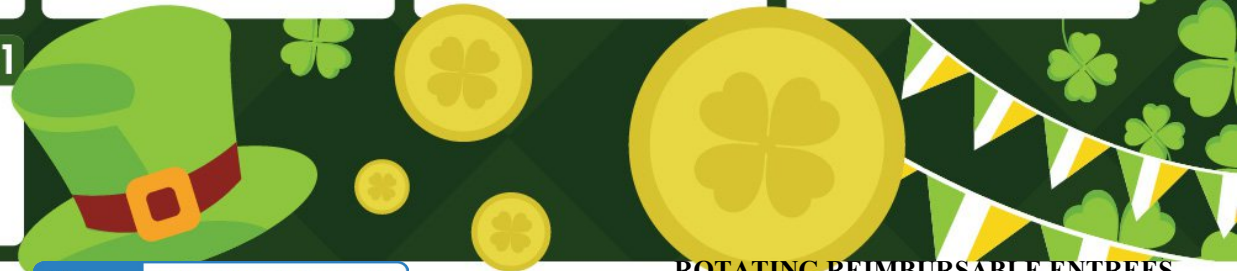
SPRING BREAK ²⁵

SPRING BREAK ²⁶

SPRING BREAK ²⁷

CHICKEN DRUMSTICK ³⁰
BISCUIT STICK
COUNTRY FRIED STEAK BITES
MASHED POTATOES
SEASONED CORN
DICED PEACHES
APPLESAUCE

HOT & SPICY TENDERS ³¹
MAC & CHEESE
SEASONED PEAS
STEAMED BROCCOLI
W/CHEESE SAUCE DRIZZLE
CLEMENTINE
FRUIT COCKTAIL



ALACARTE REIMBURSABLE ENTREE

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



PAY FOR MEALS ONLINE
MySchoolBucks.com

ROTATING REIMBURSABLE ENTREES

ENTRÉE SALADS	HOMEMADE PB&J
WRAPS	FRUIT & MEAT CUP
COLD SANDWICH	YOGURT & STRING CHEESE
PARFAITS	UNCRUSTABLES
RHS LUNCHABLE	

USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER
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ONLINE DEPOSITS DO NOT POST IMMEDIATELY TO ACCOUNTS