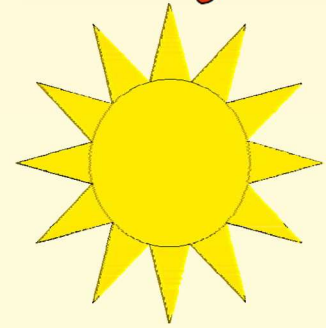


Discover School Breakfast!

WHY EAT BREAKFAST?

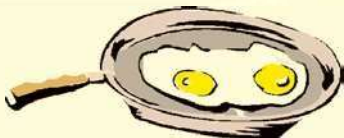
- It is a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you charged up for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting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

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.

BREAKFAST

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

APRIL 2026
RHS ZEBRA CAFE

MANAGER AMANDA WEYANT

LEAH SUTTON MISSY SMITH
AUTUMN HUGHES ROBIN GRAY
STEPHANIE MILLER KATHRYN DERSKI

Monday

Tuesday

Wednesday

Thursday

Friday



6
FRENCH TOAST SWIRLS
W/ SAUSAGE PATTY
FLAVORED APPLESAUCE
FRUIT PUNCH

7
BREAKFAST BAGEL SANDWICH
BANANA
APPLE JUICE

8
BREAKFAST BURRITO W/CHEESE SAUCE
KIWI
ORANGE JUICE

9
HAM & CHEESE CROISSANT
ORANGE
GRAPE JUICE

10
NO SCHOOL

13
SMOTHERED TATOR TOTS
STRAWBERRIES
APPLE JUICE

14
STRAWBERRY CREAM CHEESE DONUT W/ICING
SLICED PEACHES
ORANGE JUICE

15
CINNAMON ROLL
FRUIT COCKTAIL
SLICED PEARS
GRAPE JUICE

16
CHICKEN SLIDERS
FLAVOREDAPPLESAUCE
FRUIT PUNCH

17
WARM CREAM CHEESE BAGEL
GRAPES
APPLE JUICE

20
BREAKFAST PIZZA
FRUIT COCKTAIL
ORANGE JUICE

21
CRÈME FILLED LONG JOHN
GRANNY SMITH APPLE
GRAPE JUICE

22
BREAKFAST BURRITO W/CHEESE SAUCE
STRAWBERRIES
FRUIT PUNCH

23
BREAKFAST BOWL
CINNAMON APPLESAUCE
APPLE JUICE

24
CINNAMON POPPERS W/ICING
WARM APPLE SLICES
FRUIT PUNCH

27
CHICKEN & WAFFLES
SLICED PEARS
GRAPE JUICE

28
CHOCOLATE DONUTS
SLICED PEACHES
FRUIT PUNCH

29
CINNAMON ROLL
MANDARIN ORANGE
GRAPE JUICE

30
PANCAKE ON A STICK HASHBROWN
GRAPES
ORANGE JUICE

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 **ALACART MILK .45**
MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

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

Monday



STROMBOLI CHICKEN STRIPS 6
W/BISCUIT STICK
SEASONED GREEN BEANS
SEASONED CORN
DICED PEACHES
APPLESAUCE

MOZZARELLA STICKS CHICKEN NUGGETS 13
W/BISCUIT STICK
SEASONED GREEN BEANS
CHERRY TOMATOES
SLICED PEARS
FLAVORED APPLESAUCE

SALISBURY STEAK SLOPPY JOE 20
W/ BISCUIT STICKS & GRAVY
POTATO WEDGES
SEASONED GREEN BEANS
PEACH CRISP W/ CREAM
RED DELICIOUS APPLE

CHICKEN DRUMSTICK COUNTRY FRIED STEAK BITES 27
W/BISCUIT STICK
W/BISCUIT STICK
MASHED POTATOES
SEASONED CORN
DICED PEACHES
APPLESAUCE

Tuesday

PULLED PORK FAJITA CHICKEN OR BEEF 7
ONIONS & PEPPERS
REFRIED BEANS
TOMATOES, LETTUCE
BLUSHING PEARS
WARM APPLE SLICES

MAC & CHEESE WALKING OR SOFT TACOS 14
REFRIED BEANS
TOMATO & ROMAINE LETTUCE &
CHEESE
PEACHES
BLUEBERRIES
NO BAKE COOKIES

CHICKEN SANDWICH BEEF & BEAN BURRITO 1
REFRIED BEANS
TOMATOES, LETTUCE
CINNAMON APPLESAUCE
CHERRY MIXED FRUIT

HOT & SPICY TENDERS MOSTACCOLI 28
W/ BISCUIT
SEASONED PEAS
CALIFORNIA BLEND
W/CHEESE SAUCE DRIZZLE
CLEMENTINE
FRUIT COCKTAIL

Wednesday

BIG DADDY POCKET BBQ OR PLAIN WINGS 1
W/ BISCUIT STICKS
BAKED BEANS
FRENCH FRIES
PEARS
GRAPES
NO BAKE COOKIES

BBQ OR HOT WINGS HOT HAM & CHEESE 8
W/ BISCUIT STICKS
WEDGE POTATOES
CAULIFLOWER
BLUEBERRIES
GRANNY SMITH APPLE

CHICKEN TENDERS PEPPERONI RIPPERS 15
W/ BISCUIT STICK
W/MARINARA SAUCE
SEASONED PEAS
FRESH CARROTS
GALA APPLE
STRAWBERRIES

SUPER SUB GENERAL TSO'S CHICKEN 22
W/RICE
BAKED BEANS
STEAMED BROCCOLI
BLUSHING PEARS
KIWI

BEEFY FIESTA POCKET BBQ OR PLAIN WINGS 29
W/BISCUIT STICKS
BAKED BEANS
FRENCH FRIES
PEARS
GRAPES
NO BAKE COOKIES

Thursday

CHICKEN & NOODLES TERIYAKI BITES 2
W/ DINNER ROLLS
W/ DINNER ROLLS
SEASONED GREEN BEANS
MASHED POTATOES
ORANGE SLICES
CHERRY MIXED FRUIT

MACARONI & CHEESE BITES ZEBRA CHICKEN BOWL 7
POPCORN CHICKEN, CORN
MASHED POTATOES, GRAVY
TOPPED W/CHEESE
& DINNER ROLL
KIWI
RED DELICIOUS APPLE

CHICKEN & NOODLES TERIYAKI BITES 16
W/ DINNER ROLLS
W/ DINNER ROLLS
SEASONED CORN
MASHED POTATOES
ORANGE SLICES
CHERRY MIXED FRUIT

FISH SANDWICH CHICKEN ALFREDO 23
SEASONED CORN
POTATOES
ORANGE SLICES
SLICED PEACHES

CHICKEN & NOODLES TERIYAKI BITES 30
W/ DINNER ROLLS
W/ DINNER ROLLS
SEASONED GREEN BEANS
MASHED POTATOES
ORANGE SLICES
SLICED PEACHES

Friday

NO SCHOOL 3

CORN DOG BEEFY FIESTADA PIZZA 10
BAKED BEANS
HASHBROWN
GRANNY SMITH APPLE
STRAWBERRIES

TURKEY & CHEESE SUB FRENCH BREAD PIZZA 7
W/MARINARA SAUCE
BAKED BEANS
BABY CARROTS
WARM APPLE SLICES
CLEMENTINE

BIG DADDY PIZZA TENDERLION 24
ROMAINE SALAD
BABY CARROTS
STRAWBERRIES
ORANGE SLICES

ALACARTE REIMBURSABLE ENTRÉE

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



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