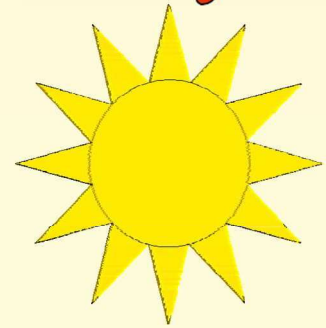


# Discover School Breakfast!

## WHY EAT BREAKFAST?

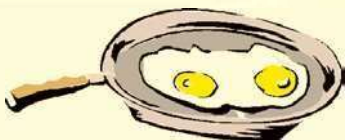
- It is a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you charged up for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting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

Toast

Muffins

Sweet

Rolls

Pancakes

Eggs

Fruit

Waffles

Hot Cereal

Bagels

English Muffins

Milk



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

This institution is an equal opportunity provider.

Conforme a la ley federal y las políticas y regulaciones de derechos civiles del Departamento de Agricultura de los Estados Unidos (USDA), esta institución tiene prohibido discriminar por motivos de raza, color, origen nacional, sexo (incluyendo identidad de género y orientación de sexual), edad, discapacidad, venganza o represalia por actividades realizadas en el pasado relacionadas con los derechos civiles.

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.

Leah Sutton  
Missy Smith  
Autumn Hughes

Stephanie Miller  
Robin Gray  
Kathryn Dereski

**BREAKFAST**

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

# MAY 2026

## RHS ZEBRA CAFE

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**



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



**1**  
DONUT BAR  
FRUIT COCKTAIL  
APPLE JUICE

**4**  
FRENCH TOAST  
W/ SAUSAGE PATTY  
SLICED PEARS  
FRUIT PUNCH

**5**  
BREAKFAST SANDWICH  
PEACHES  
APPLE JUICE

**6**  
BREAKFAST BURRITO  
W/CHEESE SAUCE  
FRUIT COCKTAIL  
ORANGE JUICE

**7**  
CHICKEN SLIDERS  
APPLESAUCE  
FRUIT PUNCH

**8**  
NO SCHOOL

**11**  
WAFFLES  
W/ SAUSAGE PATTY  
SLICED PEARS  
FRUIT PUNCH

**12**  
BREAKFAST SANDWICH  
PEACHES  
APPLE JUICE

**13**  
BREAKFAST BURRITO  
W/CHEESE SAUCE  
FRUIT COCKTAIL  
ORANGE JUICE

**14**  
CHICKEN SLIDERS  
APPLESAUCE  
FRUIT PUNCH

**15**  
DONUT BAR  
MIXED FRUIT  
APPLE JUICE

**18**  
PANCAKES  
W/ SAUSAGE PATTY  
SLICED PEARS  
FRUIT PUNCH

**19**  
BREAKFAST SANDWICH  
PEACHES  
APPLE JUICE

**20**  
BREAKFAST BURRITO  
W/CHEESE SAUCE  
FRUIT COCKTAIL  
ORANGE JUICE

**21**  
CHICKEN SLIDERS  
APPLESAUCE  
FRUIT PUNCH

**22**  
DONUT BAR  
MIXED FRUIT  
FRUIT PUNCH

**25**  
NO SCHOOL

**26**  
BREAKFAST SANDWICH  
PEACHES  
APPLE JUICE

**27**  
BREAKFAST BURRITO  
W/CHEESE SAUCE  
FRUIT COCKTAIL  
ORANGE JUICE

**28**  
CHICKEN SLIDERS  
APPLESAUCE  
FRUIT PUNCH

**29**  
PANCAKE ON A STICK  
RAISINS  
APPLE JUICE

OFFERED DAILY  
POPTARTS, BARS, BENEFIT BARS, CEREAL  
BAGELS, DONUTS, & MUFFINS, 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.**

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



LUNCH

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

# MAY 2026

## RHS ZEBRA CAFE

MANAGER AMANDA WEYANT

Leah Sutton  
Missy Smith  
Autumn Hughes

Stephanie Miller  
Robin Gray  
Kathryn DerEski

Monday

Tuesday

Wednesday

Thursday

Friday

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

SHRIMP 1

W/BISCUIT STICK

PIZZA

ROMAINE TOSSED SALAD  
GLAZED CARROTS  
BLUEBERRIES  
RED APPLE

CHICKEN LEG 4

W/ BISCUIT STICK

SLOPPY JOE

CRINKLE FRIES  
FRESH BROCCOLI  
SLICED PEACHES  
BANANA

CORNDOG 5

CHICKEN & NOODLES

W/DINNER ROLL

SEASONED GREEN BEANS  
MASHED POTATOES  
BLUSHING PEARS  
KIWI

TENDERLOIN 6

WINGS (BBQ, HOT OR GARLIC)

W/BISCUIT STICK  
BAKED BEANS  
FRIES  
MIXED FRUIT  
ORANGE

CHEESY BREAD 7

BURRITOS

REFRIED BEANS  
ROMAINE SIDE SALAD  
TOMATOES & ONIONS  
YELLOW APPLE  
STRAWBERRIES

NO SCHOOL 8

STROMBOLI 11  
BRD CHICKEN PATTY

SEASONED GREEN BEANS  
CHERRY TOMATOES  
CLEMENTINE  
SLICED PEARS

PULLED PORK 12  
FAJITA

CHICKEN OR STEAK  
REFRIED BEANS  
ONIONS & PEPPERS  
TOMATOES, LETTUCE  
WARM APPLE SLICES  
BANANA

CHICKEN TENDERS 13  
TERIYAKI BITES

W/DINNER ROLLS

W/DINNER ROLLS  
STEAMED BROCCOLI  
BABY CARROTS  
DICED PEACHES  
BLUEBERRIES

MOSTACCIOLI 14  
TURKEY SUB

SEASONED CORN  
ROMAINE CAESAR SALAD  
CINNAMON APPLESAUCE  
STRAWBERRIES

BIG DADDY 15  
CORN DOGS

FRIES  
BAKED BEANS  
FUJI APPLES  
ORANGES

SUPER SUB 18  
GENERAL TSO'S CHICKEN

W/ FRIED RICE  
STEAMED BROCCOLI  
CELERY STICKS  
RAISINS  
BLUEBERRIES

TOTALLY TACO 19  
POPCORN CHICKEN

W/BISCUIT STICK  
REFRIED BEANS  
LETTUCE & TOMATOES  
BLUSHING PEARS  
RED DELICIOUS APPLE

BOSCOS 20  
BIG DADDY STUFFER

POTATO WEDGES  
BABY CARROTS  
STRAWBERRIES  
FRUIT COCKTAIL

CHICKEN ALFREDO 21  
SLOPPY JOE

CALIFORNIA BLEND  
W/CHEESE SAUCE  
ROMAINE SALAD  
CLEMENTINE  
GALA APLE

FRENCH BRD PIZZA 22  
FISH SANDWICH

LOADED CHEESE FRIES  
ROASTED CAULIFLOWER  
PEACH APPLESAUCE  
GRANNY SMITH APPLE

NO SCHOOL 25

BURRITO BOWL 26  
TACO WALKING/SOFT

W/CHICKEN OR STEAK  
W/CHICKEN OR STEAK  
RICE, BLACK BEANS  
CORN SALSA  
SLICED PEACHES  
WATERMELON

CHICKEN TENDERS 27  
HOT & SPICY TENDERS

W/ BISCUIT STICK  
W/ BISCUIT STICK  
FRIES  
CARROTS & CELERY  
BANANA  
BLUEBERRIES

CHICKEN & NOODLES 28  
COUNTRY FRIED BITES

W/ BISCUIT STICK  
W/ BISCUIT STICK  
SEADONED GREEN BEANS  
MASHED POTATOES  
APPLESAUCE  
STRAWBERRIES

HOT DOG 29  
CHEESEBURGER

CHIPS  
VEGGIE PASTA SALAD  
BAKED BEANS  
RED APPLE  
ORANGE

### ALACARTE REIMBURSABLE ENTRÉE

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



PAY FOR MEALS ONLINE

MySchoolBucks.com

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