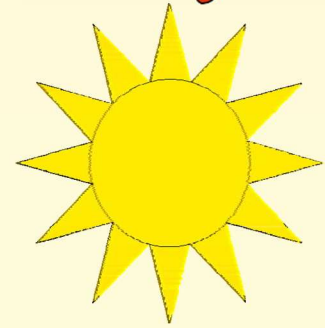


Discover School Breakfast!

WHY EAT BREAKFAST?

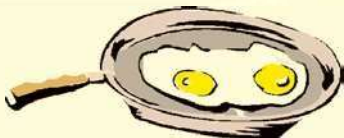
- It is a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you charged up for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting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

BREAKFAST

**FEBRUARY 2026
RMS CAFE**

MANAGER JOSHUA WEYANT

Pamela Shippy
Stephanie Miller
Katherine Lindsey
Jill Thomas

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

Monday	Tuesday	Wednesday	Thursday	Friday
CINNA MINIS ² FRUIT COCKTAIL FRUIT PUNCH	BREAKFAST BAGEL ³ DICED PEACH CUP APPLE JUICE	FRENCH TOAST SWIRLS ⁴ W/ SAUSAGE PATTY BLUEBERRIES ORANGE JUICE	HAM & CHEESE ENGLISH MUFFIN ⁵ SLICED PEARS GRAPE JUICE	WARM CHOCOLATE MUFFIN ⁶ APPLESAUCE FRUIT PUNCH
BREAKFAST BITES ⁹ STRAWBERRIES APPLE JUICE	MINI MAPLE PANCAKES ¹⁰ DICED PEACH CUP ORANGE JUICE	SAUSAGE GRAVY & BISCUIT ¹¹ SLICED PEARS GRAPE JUICE	APPLE FRUDEL ¹² W/ICING APPLESAUCE FRUIT PUNCH	WARM CREAM CHEESE BAGEL ¹³ FRUIT COCKTAIL APPLE JUICE
MINI WAFFLES ¹⁶ PEACHES ORANGE JUICE	RED BREAKFAST PIZZA ¹⁷ MIXED FRUIT GRAPE JUICE	SAUSAGE & CHEESE ENGLISH MUFFIN ¹⁸ STRAWBERRIES FRUIT PUNCH	CONFETTI PANCAKES ¹⁹ CINNAMON APPLESAUCE APPLE JUICE	DONUT BAR ²⁰ SLICED PEARS ORANGE JUICE
CHERRY FRUDEL ²³ W/ICING DICED PEACH CUP GRAPE JUICE	CHOCOLATE DONUTS ²⁴ FRUIT COCKTAIL FRUIT PUNCH	SAUSAGE GRAVY AND BISCUIT ²⁵ BLUSHING PEARS APPLE JUICE	PANCAKE ON A STICK ²⁶ CHERRY MIXED FRUIT ORANGE JUICE	POWDERED DONUTS ²⁷ BERRY APPLESAUCE GRAPE JUICE

OFFERED DAILY

WHEN AVAILABLE USDA IS AN EQUAL OPPORTUNITY PROVIDER, EMPLOYER, AND LENDER

ALACART MILK .45

POPARTS, BARS, UNCRUSTABLES
CEREAL, DONUTS, & MUFFINS

MENU IS SUBJECT TO CHANGE BASED ON AVAILABILITY

CHOICE OF MILK, JUICE, CANNED & FRESH FRUIT

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


PAY FOR MEALS ONLINE


Monday

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

CRUNCHERS HAMBURGER **9**
W/ CHEESE
SEASONED GREEN BEANS
SEASONED PEAS
SLICED PEARS
FLAVORED APPLESAUCE

SALISBURY STEAK SLOPPY JOE **16**
W/GRAVY
POTATOE WEDGES
SEASONED CORN
DICED PEACH CUP
VANILLA ICE CREAM CUP

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

Tuesday

PULLED PORK WALKING OR SOFT TACO **3**
REFRIED BEAN
TOMATOES, LETTUCE
BLUSHING PEARS
CHERRY MIXED FRUIT

ROTINI MOZZARELLA STICKS **10**
CALIFORNIA BLEND
W/CHEESE SAUCE DRIZZLE
ROMAINE SALAD
PEACHES
FRUIT COCKTAIL

CHICKEN SANDWICH WALKING OR SOFT TACO **17**
REFRIED BEAN
TOMATOES, LETTUCE
BLUSHING PEARS
CHERRY MIXED FRUIT

HOT & SPICY TENDERS MAC & CHEESE **24**
SEASONED PEAS
STEAMED BROCCOLI
W/CHEESE SAUCE DRIZZLE
CLEMANTINE
FRUIT COCKTAIL

Wednesday

LASAGNA CHICKEN NIBBLERS **4**
WEDGE POTATOES
BROCCOLI
W/CHEESE SAUCE DRIZZLE
STRAWBERRIES
GRANNY SMITH APPLE

HOT HAM & CHEESE RIPPERS **11**
W/MARINARA SAUCE
SEASONED PEAS
FRESH CARROTS
GALA APPLE
BLUEBERRIES

ORANGE CHICKEN SUPER SUB **18**
W/RICE
BAKED BEAN
CRINKLE FRIES
CINNAMON APPLESAUCE
CLEMANTINE

MINI CORN DOGS BBQ OR PLAIN WINGS **25**
BAKED BEANS
FRENCH FRIES
PEARS
GRAPES

Thursday

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

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

POPCORN CHICKEN TURKEY SLICE **19**
W/GRAVY
BISCUIT W/JELLY
SEASONED GREEN BEANS
MASHED POTATOES
WARM APPLE SLICES
PEARS BROWNIE

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

Friday

TURKEY & CHEESE SUB PIZZA **6**
W/MARINARA SAUCE
BAKED BEANS
BABY CARROTS
BLUEBERRIES
CLEMANTINE

HEART CORN DOGS BUFFALO BITES **13**
BAKED BEANS
HASHBROWN
GRANNY SMITH APPLE
STRAWBERRIES
WHITECAKE

BIG DADDY PIZZA TENDERLION **20**
ROMAINE SALAD
BABY CARROTS
STRAWBERRIES
ORANGE SLICES

STUFFED CRUST PIZZA BURRITO **27**
ROMAINE SALAD
REFRIED BEANS
STRAWBERRIES
SLICED PEACHES



OFFERED DAILY
Choice of Milk, Juice and Fresh & Canned and Fresh Fruit & Vegetables
ALACART MILK .45
Wraps
Homemade PB & J's Nachos

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

ROTATING ENTRÉE'S
Cold Sandwich
Uncrustables
Yogurt & Chz pack
RMS Lunchable Parfaits