

JOIN US ON THE QUEST FOR SCHOOL BREAKFAST



COME JOIN US!
MARCH 2-6
2026

Get a sticker
at breakfast...



Show your sticker
at lunch...

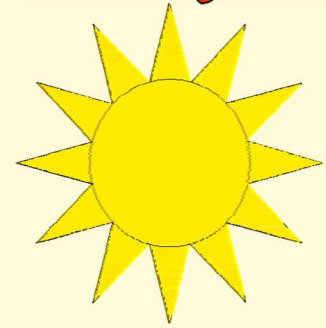


Enjoy a **FREE SLUSH!**

Discover School Breakfast!

WHY EAT BREAKFAST?

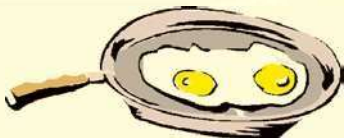
- It is a great way to spend time with friends.
- Breakfast at school costs less than at the convenience store.
- Eating breakfast gives you brain energy to think clearly in your classes and gets you charged up for the day.
- Breakfast has vitamins and nutrients for a strong and healthy body.
- Starting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

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.

Esta institución ofrece igualdad de oportunidades.


BREAKFAST

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

**MARCH 2026
RMS CAFE**

MANAGER JOSHUA WEYANT

Pamela Shippy
Megan Burden
Katherine Lindsey
Jill Thomas

Monday	Tuesday	Wednesday	Thursday	Friday
2 CINNA MINIS FRUIT COCKTAIL FRUIT PUNCH	3 BREAKFAST BAGEL DICED PEACH CUP APPLE JUICE	4 FRENCH TOAST SWIRLS W/ SAUSAGE PATTY APPLESAUCE ORANGE JUICE	5 HAM & CHEESE ENGLISH MUFFIN SLICED PEARS GRAPE JUICE	6 WARM CHOCOLATE MUFFIN MIXED FRUIT FRUIT PUNCH
9 BREAKFAST BITES STRAWBERRIES APPLE JUICE	10 MINI MAPLE PANCAKES DICED PEACH CUP ORANGE JUICE	11 SAUSAGE GRAVY & BISCUIT SLICED PEARS GRAPE JUICE	12 APPLE FRUDEL APPLESAUCE FRUIT PUNCH	13 WARM CREAM CHEESE BAGEL FRUIT COCKTAIL APPLE JUICE
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 SPRING BREAK
30 CHERRY FRUDEL W/ICING DICED PEACH CUP GRAPE JUICE	31 CHOCOLATE DONUTS FRUIT COCKTAIL FRUIT PUNCH			
 				

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.

LUNCH

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

MARCH 2026
RMS CAFE

MANAGER JOSHUA WEYANT

Pamela Shippy
Megan Burden
Katherine Lindsey
Jill Thomas

Monday

Tuesday

Wednesday

Thursday

Friday

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

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

4
BOSCO STICK
CHICKEN NIBBLERS
WEDGE POTATOES
BROCCOLI
W/CHEESE SAUCE DRIZZLE
STRAWBERRIES
GRANNY SMITH APPLE

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

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

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

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

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

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

13
CORN DOG
LASAGNA
BAKED BEANS
HASHBROWN
GRANNY SMITH APPLE
STRAWBERRIES
WHITECAKE

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
SPRING BREAK

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

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



OFFERED DAILY
Choice of Milk, Juice and Fresh &
Canned and Fresh Fruit & Vegetables
ALACART MILK .45

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
RMS Lunchable
Parfaits

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com