

# Clayton & Sunnyside Elementary


## SEPTEMBER 2025 Breakfast Menu

# BACK TO School!

Health-e Pro

Welcome

BACK

MON	TUE	WED	THU	FRI
<b>Labor Day</b> 	<b>Ultra Bread</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	<b>Muffin</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>French Toast Sticks</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	<b>Sunrise Stick</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
<b>Pancakes</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Breakfast Wrap</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	<b>Donuts</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Apple Bites</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	<b>Breakfast Sandwich</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
<b>Breakfast Bun</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Pigglestick</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	<b>Cheesy Scrambled Eggs w/ Graham Cracker</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Pull-Apart Donut</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	<b>School Closed</b> <b>*Inservice Day*</b>
<b>Trix Muffin</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Breakfast Pizza Bagel</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	<b>Dutch Waffle</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Cinnamon Turnover</b> 100% Fruit Juice Whole Fresh /Asst. Dried Fruit Choice of Milk	<b>Breakfast Sandwich</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
<b>Cheesy Scrambled Eggs w/ Graham Cracker</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Ultra Bread</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	Menus are available online at: <a href="http://www.smyrna.k12.de.us">http://www.smyrna.k12.de.us</a> . The Smyrna School District does not discriminate in employment, educational programs, services or activities based on race, color, marital status, creed, religion, national origin, gender, age, genetic information, sexual orientation, gender identity, disability or any other protected category or status in accordance with state and federal laws. Inquiries should be directed to the District Superintendent. Federal Nondiscrimination Statement on reverse side.		

### Additional Entrees Offered

#### Daily

1 ounce Cereal w/ Graham Cracker  
1 pack PopTart w/ Graham Cracker

Monday and Friday  
Munchable cup

Wednesday  
Apple Nachos

Tuesday and Thursday  
Smoothie w/ Graham Cracker

**WHOLE FRESH FRUIT OFFERED DAILY**



# FREE!



### MEAL PRICES

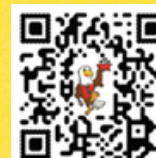
**Student Breakfast: FREE**

**Student Extra Entrees: \$1.00**

**Adult Breakfast: \$3.25**

**Adult Breakfast Entrée Only: \$1.75**

*This institution is an equal opportunity provider*



**MENU SUBJECT TO CHANGE**

In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

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1. **Mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; or
1. **Fax:** (202) 690-7442; or
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# Grab & Go Breakfast Menu

## SEPTEMBER 2025

Health-e Pro

Welcome

BACK

MON	TUE	WED	THU	FRI
<b>Labor Day</b> 	<b>Ultra Bread</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>Crumb Cake</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Cinnamon Toast Crunch or Trix Mini French Toast</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>Sunrise Stick</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
<b>Froot Loop Waffles</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Breakfast Wrap</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>Donut Holes</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Muffin</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>Cinni Minis</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
<b>Poptart</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Apple Bites</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>Trix Muffin</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Mini Loaf</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>School Closed</b> <b>*Inservice Day*</b>
<b>Breakfast Bun</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Pizza Breakfast Bagel</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>Mini Maple Waffles</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Chocolate Chip Muffin Top</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>Sausage &amp; Cheese Stuffed Waffle</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
<b>Poptart</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>Ultra Bread</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	Menus are available online at: <a href="http://www.smyrna.k12.de.us">http://www.smyrna.k12.de.us</a> . The Smyrna School District does not discriminate in employment, educational programs, services or activities based on race, color, marital status, creed, religion, national origin, gender, age, genetic information, sexual orientation, gender identity, disability or any other protected category or status in accordance with state and federal laws. Inquiries should be directed to the District Superintendent. Federal Nondiscrimination Statement on reverse side.		

### ANNOUNCEMENTS



Grab & Go Breakfast **IS FREE** & will be served at:  
**Smyrna Elementary**  
**North Smyrna Elementary**  
**Clayton Intermediate**  
**JBM Intermediate**

**BACK TO**  
**SCHOOL**

### MEAL PRICES

**Student Breakfast: Free**  
**Student Extra Entrees: \$1.00**  
**Adult Breakfast: \$3.25**  
**Adult Breakfast Entrée Only: \$1.75**

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**CHANGE**



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# Kindergarten - 6th Grade

## SEPTEMBER 2025 Lunch Menu

# BACK TO School!

Health-e Pro 

# Welcome

BACK 

MON

TUE

WED

THU

FRI

1

**Labor Day**

2

**ABC Nuggets w/Goldfish**

French Fries  
Vegetarian Baked Beans  
Diced peaches

3

**Stuffed Crust Pizza or French Bread Pizza**  
Celery & carrot sticks  
Seasoned Broccoli  
Frozen Fruit Cup

4

**Beef & Cheese Nachos**  
Red pepper Slices  
Salsa Cup  
Cool Tropic

5

**Buffalo or Plain Boneless Wings w/ Cornbread**  
Seasoned corn  
Celery Sticks  
Cinnamon Diced Pears

8

**Meatless Monday Cheesy Breadstick**  
Crinkle Cut Fries  
Vegetable Juice  
Frozen Peach Cup

9

**Taco Tuesday Soft Taco**

Fiesta Corn  
Seasoned Black Beans  
Pineapple Cup

10

**French Bread Pizza**  
Cucumber Tomato Salad  
Vegetable Soup  
Sidekick

11

**Mandarin Orange Chicken w/ Rice & Roll or Chicken & Vegetable Dumplings**  
Orange Glazed Carrots  
Seasoned Broccoli  
Mandarin Orange Cup

12

**Oven Baked Chicken w/ Biscuit**  
Mashed Potatoes w/ Gravy  
Seasoned Green Beans  
Cinnamon Applesauce Cup

15

**Breakfast For Lunch Chicken & Waffles**  
Buffalo Cauliflower  
Carroteenies  
Apple Slices

16

**Cheese Quesadilla or Fish Sticks w/ Dinner Roll**

Steamed Peas  
Romaine Side Salad  
Cinnamon Diced Pears

17

**Pizza Palooza Homemade Pizza**  
Pizza Style Green Beans  
Cucumber Cup w/Dip  
Applesauce Cup

18

**Chicken Bites w/ Corn Muffin**  
Texas Ranchero Beans  
Sweet Potato Wedges  
Froot Jooce Cup

19

**School Closed \*Inservice Day\***

22

**Pizza Crunchers**  
Marinara Sauce  
Seasoned Broccoli  
Diced Peaches

23

**Corn Dog or Cheeseburger**  
Carroteenies w/ Dip  
Spinach Side Salad  
Hot Apple Slices

24

**Breakfast For Lunch Chicken Sausage w/ French Toast Sticks**  
French Fries  
Zucchini and Yellow Squash  
Froot Jooce Cup

25

**Pizza Bagels**  
Emoji Fries  
BBQ Baked Beans  
Diced Pears

26

**Grilled Cheese or Beef Rib Sandwich**  
Tomato Soup  
Celery Sticks  
Mixed Fruit Cup

29

**Mozzarella Sticks**  
Marinara Cup  
Carroteenies w/ Dip  
Cinnamon Applesauce Cup

30

**Chicken Patty Sandwich**  
French Fries  
Vegetarian Baked Beans  
Diced peaches

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## Additional Entrees Offered

Daily:

**PB&J Sandwich w/ Goldfish & Cheese Stick**  
**Cheese Sandwich**  
**Fruit Salad w/ Pretzel**

Monday, Wednesday, Friday:  
**Chicken Caesar Salad w/ Pretzel**  
**Eagle Lunchable**

Tuesday and Thursday:  
**Turkey & Cheese Sandwich**  
**Fruit Parfait w/ Granola & Goldfish Crackers**

## MEAL PRICES

**Student Lunch: \$1.25**  
**Student Extra Entrée: \$2.00**  
**Various Snacks: \$1.25+**  
**Adult Lunch: \$4.95**  
**Adult Lunch Entrée Only: \$3.00**

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# Middle School SEPTEMBER 2025 Breakfast Menu

# BACK TO School!

Health-e Pro 

EVERYONE IS  
welcome here

MON	TUE	WED	THU	FRI
<b>1</b> <b>Labor Day</b>	 <b>Ultra Bread</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>3</b> <b>Crumb Cake</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>4</b> <b>Cinnamon Toast Crunch French Toast</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>5</b> <b>Breakfast Wrap</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
<b>8</b> <b>Froot Loop Waffles</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>9</b> <b>Sunrise Stick</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>10</b> <b>Donut Holes</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>11</b> <b>Assorted Muffins</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>12</b> <b>Cinnamon Roll</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
<b>15</b> <b>PopTarts</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>16</b> <b>Apple Bites</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>17</b> <b>Trix Muffin</b> 100% Fruit Juice Whole Fresh Fruit Fruit Choice of Milk	<b>18</b> <b>Mini Loaf</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>19</b> <b>School Closed *Inservice Day*</b>
<b>22</b> <b>Breakfast Bun</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>23</b> <b>Breakfast Pizza Bagels</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>24</b> <b>Mini Maple Waffles</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>25</b> <b>Cinnamon Turnover</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	<b>26</b> <b>Stuffed Waffle</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
<b>29</b> <b>PopTarts</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	<b>30</b> <b>Ultra Bread</b> 100% Fruit Juice Asst. Dried Fruit Choice of Milk	Menus are available online at: <a href="http://www.smyrna.k12.de.us">http://www.smyrna.k12.de.us</a> . The Smyrna School District does not discriminate in employment, educational programs, services or activities based on race, color, marital status, creed, religion, national origin, gender, age, genetic information, sexual orientation, gender identity, disability or any other protected category or status in accordance with state and federal laws. Inquiries should be directed to the District Superintendent. Federal Nondiscrimination Statement on reverse side.		

## ANNOUNCEMENTS



**Breakfast Meals are  
Grab & Go! AND FREE!  
Stop in the Cafeteria  
to Start your day!**

## MEAL PRICES

**Student Breakfast: FREE**  
**Student Extra Entrée: \$1.00**  
**Adult Breakfast: \$3.25**  
**Adult Breakfast Entrée Only: \$1.75**

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# Middle School






## SEPTEMBER 2025 Lunch Menu

# BACK TO School

Health-e Pro 

Welcome

BACK

MON	TUE	WED	THU	FRI
<b>1 Labor Day</b>	<b>2</b>  <b>Chicken Patty Sandwich</b> Tater Triangles Vegetarian Baked Beans Frozen Fruit Cup	<b>3</b> <b>Spicy Honey or Plain Wings w/ Mac &amp; Cheese</b> Seasoned Corn Celery Sticks Cinnamon Diced Pears	<b>4</b> <b>Beef &amp; Cheese Nachos</b> Salsa Cup Red Pepper Slices Cool Tropic	<b>5</b> <b>Stuffed Crust Pizza</b> Potato Wedges Seasoned Broccoli Diced Peaches
<b>8 Cheesesteak Melt</b> French Fries Vegetable Juice Sliced Peaches	<b>9</b> <b>Soft Taco or Barbacoa Bowl</b> Seasoned Black Beans Fiesta Corn Pico de Gallo Pineapple Cup 	<b>10</b> <b>French Bread Pizza</b> Red Pepper Slices Vegetable Soup Sidekick	<b>11</b> <b>Mandarin Orange Chicken w/ Rice &amp; Dinner Roll or Chicken &amp; Vegetable Dumplings w/ Rice &amp; Dinner roll</b> Steamed Broccoli Orange Glazed Carrots Diced Peaches 	<b>12</b> <b>Oven Baked Chicken w/ Corn Muffin</b> Mashed Potatoes w/ Gravy Seasoned Green Beans Applesauce Cup
<b>15</b> <b>Chicken Tenders</b> Pepperoni Potato Bake Steamed Peas Applesauce Cup	<b>16</b> <b>Fish Filet Sandwich or Cheese Quesadilla</b> Romaine Garden Salad Seasoned Carrots Diced Pears	<b>17</b>  <b>Pizza Palooza Homemade Pizza</b> Pizza Style Green Beans Cucumber Cup Apple Slices	<b>18</b> <b>Chicken Bites w/ Corn Muffin</b> Sweet Potato Wedges Texas Ranchero Pinto Beans Orange Slices	<b>19</b> <b>School Closed *Inservice Day*</b>
<b>22</b> <b>Pizza Crunchers</b> Marinara Sauce Carroteenies w/ Dip Diced Peaches	<b>23</b> <b>BBQ Pulled Pork on Ciabatta or Turkey Corn Dog</b> Baked Sweet Potato Spinach Side Salad Hot Apple Slices	<b>24</b> <b>Breakfast For Lunch</b> <b>Chicken Sausage w/ French Toast</b> Tater Triangles Zucchini and Yellow Squash Froot Jooce	<b>25</b> <b>Cheeseburger or Bacon Cheeseburger</b> French Fries BBQ Baked Beans Sliced Pears	<b>26</b> <b>Grilled Cheese or Beef Rib Sandwich</b> Tomato Soup Celery Sticks Pineapple Chunks 
<b>29</b> <b>Mozzarella Sticks</b> Marinara Sauce Carroteenies w/ Dip Seasoned Broccoli Cinnamon Applesauce	<b>30</b> <b>Chicken Patty Sandwich</b> Tater Triangles Vegetarian Baked Beans Frozen Fruit Cup	<b>Menus are available online at: <a href="http://www.smyrna.k12.de.us">http://www.smyrna.k12.de.us</a>. The Smyrna School District does not discriminate in employment, educational programs, services or activities based on race, color, marital status, creed, religion, national origin, gender, age, genetic information, sexual orientation, gender identity, disability or any other protected category or status in accordance with state and federal laws. Inquiries should be directed to the District Superintendent. Federal Nondiscrimination Statement on reverse side.</b>		

### Additional Entrees Offered

Daily:

**PB&J Sandwich w/ Goldfish & Cheese Stick**  
**Cheese Sandwich**  
**Fruit Salad w/ Pretzel**

Monday, Wednesday, Friday:  
**Chicken Caesar Salad w/ Pretzel**  
**Eagle Lunchable**

Tuesday and Thursday:  
**Turkey & Cheese Sub or Sandwich**  
**Fruit Parfait w/ Pretzel**

### MEAL PRICES

**Student Lunch: \$1.50**  
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**Various Snacks: \$1.25+**  
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# High School SEPTEMBER 2025

## Breakfast Menu in Cafe'

# BACK TO SCHOOL!

Health & Pro  
Welcome

BACK

MON

TUE

WED

THU

FRI

1 <b>Labor Day</b>	2 <b>Ultra Bread</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	3 <b>Assorted Muffins</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	4 <b>French Toast Sticks w/ Sausage Patty</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	5 <b>Breakfast Sandwiches</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
8 <b>Apple Bites</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	9 <b>Sausage &amp; Cheese Stuffed Waffle w/ Tater Tots</b> 100% Fresh Fruit Whole Fresh/Asst. Dried Fruit Choice of Milk	10 <b>Donuts</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	11 <b>Pancake Sandwich</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	12 <b>Cinnamon Roll Casserole</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
15 <b>Breakfast Bun</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	16 <b>Piggletstick w/ Tater Tots</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	17 <b>Bagels w/ Cream Cheese</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	18 <b>Confetti or Maple Pancakes w/ Sausage Patty</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	19 <b>School Closed *Inservice Day*</b>
22 <b>Trix Muffin</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	23 <b>Breakfast Wrap w/ Tater Triangles</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	24 <b>Dutch Waffle</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	25 <b>Apple Roll or Cinnamon Turnover</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	26 <b>Croissant Sandwiches</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
29 <b>Breakfast Bowl</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	30 <b>Ultra Bread</b> 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	<p>Menus are available online at: <a href="http://www.smyrna.k12.de.us">http://www.smyrna.k12.de.us</a>. The Smyrna School District does not discriminate in employment, educational programs, services or activities based on race, color, marital status, creed, religion, national origin, gender, age, genetic information, sexual orientation, gender identity, disability or any other protected category or status in accordance with state and federal laws. Inquiries should be directed to the District Superintendent. Federal Nondiscrimination Statement on reverse side.</p>		

### Additional Entrees Offered

#### Daily:

2 Ounce Cereal  
NutriGrain Bar w/ Graham Cracker  
Double Pack PopTart

#### Monday and Friday: Munchable Cup

#### Wednesday: Apple Nachos

#### Tuesday and Thursday: Smoothie w/ Graham Cracker

FREE

### MEAL PRICES

Student Breakfast: FREE  
Student Extra Entrée: \$1.00  
Adult Breakfast: \$3.25  
Adult Breakfast Entrée Only: \$1.75

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MENU  
SUBJECT TO  
CHANGE

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# High School SEPTEMBER 2025

## Breakfast Menu "Grab & GO"

# BACK TO SCHOOL!

Health & Wellness  
Welcome

BACK

MON

TUE

WED

THU

FRI

1

**Labor Day**

2



3

**Crumb Cake**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

4

**Ultra Bread**  
100% Fruit Juice  
Asst. Dried Fruit  
Choice of Milk

5

**Chocolate Chip Muffin Top w/ Graham Crackers**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

8

**Ultra Bread**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

9

**Apple Bites**  
100% Fruit Juice  
Asst. Dried Fruit  
Choice of Milk

10

**Donut Holes**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

11

**Assorted Muffins**  
100% Fruit Juice  
Asst. Dried Fruit  
Choice of Milk

12

**Mini Cinnis**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

15

**PopTarts**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

16

**Breakfast Bun**  
100% Fruit Juice  
Asst. Dried Fruit  
Choice of Milk

17

**Bagelful**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

18

**Assorted Mini Loafs w/ Graham Crackers**  
100% Fruit Juice  
Asst. Dried Fruit  
Choice of Milk

19

**School Closed**  
**\*Inservice Day\***

22

**Trix or Cinnamon Toast Crunch Muffin**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

23

**Ultra Bread**  
100% Fruit Juice  
Asst. Dried Fruit  
Choice of Milk

24

**Nutrigrain Bars w/ Graham Crackers**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

25

**Donut Sticks**  
100% Fruit Juice  
Asst. Dried Fruit  
Choice of Milk

26

**Cereal Waffle**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

29

**Pull Apart Donut**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

30

**PopTarts**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

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### GRAB & GO INFO

GRAB & GO AVAILABLE  
IN SMYRNA SIDE ENTRANCE  
OF THE SCHOOL

**GRAB YOURS TODAY**

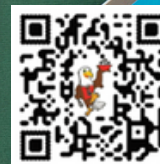
AND  
IT'S



### MEAL PRICES

**Student Breakfast: FREE**  
**Student Extra Entrée: \$1.00**  
**Adult Breakfast: \$3.25**  
**Adult Breakfast Entrée Only: \$1.75**

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# High School SEPTEMBER 2025 Lunch Menu

# BACK TO School

Health & Pro

Welcome

BACK

MON

TUE

WED

THU

FRI

1 <b>Labor Day</b>	2 <b>Chicken Patty Sandwich</b> Tater Triangles Vegetarian Baked Beans Froot Jooce	3 <b>Spicy Honey, Mango Habanero or Plain Boneless Wings w/ Mac &amp; cheese</b> Seasoned Corn Carroteenies Cinnamon Diced Pears	4 <b>Beef and Cheese Nachos</b> Baked Potato Buffalo Cauliflower Salsa Cup Cool Tropic	5 <b>Vegetable Ramen Bowl w/ Chicken Dumplings</b> Edamame Seasoned Broccoli Diced Peaches
8 <b>Chipotle Chicken Sandwich or Cheesesteak Melt</b> French Fries Jalapeno Cilantro Cole Slaw Vegetable Juice Diced Pears	9 <b>Soft Taco or Barbacoa Bowl</b> Seasoned Black Beans Fiesta Corn Pico de Gallo Pineapple Cup	10 <b>French Bread Pizza</b> Red Pepper Slices Vegetable Soup Sidekick	11 <b>Mandarin Orange Chicken w/ Rice &amp; Egg Roll or Chicken &amp; Vegetable Dumplings w/ Rice &amp; Egg roll</b> Steamed Broccoli Orange Glazed Carrots Mandarin Orange Cup	12 <b>Oven Baked Chicken w/ Corn Muffin</b> Mashed Potatoes w/ Gravy Seasoned Green Beans Cin. Applesauce Cup
15 <b>Chicken Tenders w/ Garlic Bread</b> Pepperoni Potato Bake Steamed Peas Hot Apple Slices	16 <b>Fish Filet Sandwich</b> <b>Cheese Quesadilla</b> Romaine Garden Salad Texas Ranchero Beans Sweet Potato Wedges Cinnamon Diced Pears	17 <b>Pizza Palooza</b> <b>Homemade Pizza</b> Pizza Style Green Beans Carroteenies w/Dip Apple Slices	18 <b>Chicken Bites w/Cornbread</b> Macaroni Salad Caesar Side Salad Mixed Vegetables Applesauce Cup	19 <b>School Closed *Inservice Day*</b>
22 <b>Pizza Crunchers</b> Marinara Sauce Hushpuppies Crinkle Cut Fries Diced Peaches	23 <b>BBQ Pulled Pork on Ciabatta or Turkey Corn Dog</b> Baked Sweet Potato Strawberry Spinach Side Salad Hot Apple Slices	24 <b>Breakfast For Lunch</b> <b>Chicken Sausage w/ French Toast</b> Tater Triangles Zucchini and Yellow Squash Froot Jooce	25 <b>Cheeseburger or Bacon Cheeseburger</b> <b>Emoji Fries</b> BBQ Baked Beans Chilled Pears	26 <b>Grilled Cheese or Cheese Pizza bagels</b> Tomato Soup Goldfish Crackers Celery Sticks Pineapple Chunks
29 <b>Mozzarella Sticks</b> <b>Spicy Mozzarella Bites</b> Corn Muffin Marinara Sauce Carroteenies Waffle Fries Cinnamon Applesauce	30 <b>Chicken Parmesan Sandwich or Chicken Patty Sandwich</b> Tater Triangles Vegetarian Baked Beans Froot Jooce	<p>Menus are available online at: <a href="http://www.smyrna.k12.de.us">http://www.smyrna.k12.de.us</a>. The Smyrna School District does not discriminate in employment, educational programs, services or activities based on race, color, marital status, creed, religion, national origin, gender, age, genetic information, sexual orientation, gender identity, disability or any other protected category or status in accordance with state and federal laws. Inquiries should be directed to the District Superintendent. Federal Nondiscrimination Statement on reverse side.</p>		

## Additional Entrees Offered

Daily:

PB&J Sandwich  
Assorted Wraps  
Fruit Salad w/ Breadstick

Monday, Wednesday and Friday:  
Chicken Caesar Salad w/ Breadstick  
Hummus Platter  
**EAGLE LUNCHABLES**  
(Cheese/Pepperoni/BBQ Chicken Pizza)

Tuesday and Thursday:  
Fruit Parfait w/ Breadstick  
Turkey & Cheese Sub

## MEAL PRICES

Student Lunch: \$1.50  
Student Extra Entrée: \$2.00  
Various Snacks: \$1.25+  
Adult Lunch: \$4.95  
Adult Lunch Entrée Only: \$3.00

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# CACFP SEPTEMBER 2025

# BACK TO School!

Health e Pro

MON

TUE

WED

THU

FRI

1

Labor Day

WELCOME BACK

2

Cheez-Its  
Sunflower Seeds  
Cheese Stick  
Apple Sauce  
V-Blend Juice  
Milk and Water

3

Muffin  
Cheese Stick (2)  
Craisins  
Carroteenies  
Milk and Water

4

Peanut Butter & Jelly  
Cheese Stick  
Apple Slices  
V-Blend Juice  
Milk and Water

5

Graham Cracker  
Cheese Cubes (2)  
Applesauce  
Carroteenies  
Milk and Water

8

Ultra Bread  
Peanut Butter Cup  
Cheese Stick  
Raisins  
V-Blend Juice  
Milk and Water

9

Cornbread Loaf  
Cheese Stick (2)  
Apple Slices  
V-Blend Juice  
Milk and Water

10

Peanut Butter & Jelly  
Cheese Stick  
Apple Slices  
Carroteenies  
Milk and Water

11

Waffle Envoy  
Peanut Butter Cup  
Cheese Cubes  
Raisins  
V-Blend Juice  
Milk and Water

12

Cheez-Its  
Sunflower Seeds  
Cheese Stick  
Apple Sauce  
Carroteenies  
Milk and Water

15

Cheez-Its  
Sunflower Seeds  
Cheese Stick  
Apple Sauce  
Carroteenies  
Milk and Water

16

Muffin Top  
Peanut Butter Cup  
Cheese Cubes  
Craisins  
Carroteenies  
Milk and Water

17

Graham Cracker  
Cheese Cubes (2)  
Applesauce  
V-Blend Juice  
Milk and Water

18

Ultra Bread  
Peanut Butter Cup  
Cheese Stick  
Raisins  
V-Blend Juice  
Milk and Water

19

School Closed  
\*Inservice Day\*

22

Muffin  
Cheese Stick (2)  
Craisins  
V-Blend Juice  
Milk and Water

23

Peanut Butter & Jelly  
Cheese Stick  
Apple Slices  
Carroteenies  
Milk and Water

24

Waffle Envoy  
Peanut Butter Cup  
Cheese Cubes  
Raisins  
V-Blend Juice  
Milk and Water

25

Soft Pretzel  
Cheese Dip  
Cheese Stick  
Craisins  
Carroteenies  
Milk and Water

26

Cheez-Its  
Sunflower Seeds  
Cheese Stick  
Apple Sauce  
V- Blend Juice  
Milk and Water

29

Ultra Bread  
Peanut Butter Cup  
Cheese Stick  
Raisins  
V-Blend Juice  
Milk and Water

30

Graham Cracker  
Cheese Cubes (2)  
Applesauce  
Carroteenies  
Milk and Water

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## ANNOUNCEMENTS

The Child and Adult Care Food Program (CACFP) is available to students for scheduled\* after school activities.

\*Teachers/coaches must schedule CACFP snacks with the cafeteria manager before the day of the event\*

At Smyrna High School and Smyrna Middle School, CACFP is available to students daily after school

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## MEAL PRICES

CACFP  
is provided  
to students  
at no cost!



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