

# Grab & Go Breakfast Menu

## FEBRUARY 2025

Health-e Pro 

MON

TUE

WED

THU

FRI

Menus are available online at: <http://www.smyrna.k12.de.us>. 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 available at:  
 Smyrna Elementary  
 North Smyrna Elementary  
 Clayton Intermediate  
 John Basset Moore

3  
**Apple Bites**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

4  
**Poptart**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

5  
**Chocolate Chip Muffin Flat**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

6  
**Breakfast Wrap**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

7  
**Fruit Loop Waffles**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

10  
 School Closed  
 Professional Learning Day  


11  
**Cereal Pouch**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

12  
**Snow Day**  
 School Closed

13  
**Egg & Cheese on English Muffin**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

14  
  
**Ultra Bread**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

17  
  
 School Closed  
 President's Day

18  
**Mini Maple Waffles**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

19  
**Donut Holes**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

20  
**Mini Cinnis**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

21  
**Poptart**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

24  
**Mini Loaf**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

25  
**Cereal Bar**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

26  
**Chocolate Filled Crescent**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

27  
**Pull-apart Donut**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk

28  
**Muffin**  
 100% Fruit Juice  
 Whole Fresh Fruit  
 Choice of Milk



MENU  
 SUBJECT TO  
 CHANGE

### MEAL PRICES

**Student Breakfast: \$.80**  
**Student Extra Entrees: \$1.00**  
**Adult Breakfast: \$3.25**  
**Adult Breakfast Entrée Only: \$1.75**

*This institution is an equal opportunity provider*

Smyrna Elementary & North Smyrna Elementary are CEP schools. Breakfast & Lunch are free to ALL students attending these schools

**In accordance with federal civil rights 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), disability, age, or 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 to obtain program information (e.g., Braille, large print, audiotape, 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:**

**1. mail:**

**U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or**

**2. fax:**

**(833) 256-1665 or (202) 690-7442; or**

**3. email:**

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

**This institution is an equal opportunity provider.**

# Kindergarten - 6th Grade Lunch Menu

## FEBRUARY 2025

Health-e Pro 

MON

TUE

WED

THU

FRI

Menus are available online at: <http://www.smyrna.k12.de.us>. 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.

3 **Chicken Bites w/ Mini Biscuit**  
BBQ Baked Beans  
Vegetable Medley  
Sidekick

4 **Breakfast For Lunch Pancakes**  
**Chicken Sausage**  
Baked Sweet Potatoes  
Spinach Salad  
Apple Slices

5 **Mac & Cheese w/ Breadstick**  
Steamed Green Beans  
Buffalo Cauliflower  
Diced Peaches

**CHOICE OF FAT FREE FLAVORED, 1% WHITE & SKIM MILK DAILY**

6 **Mandarin Orange Chicken w/ Rice & Roll**  
Steamed Broccoli  
Orange Glazed Carrots  
Mandarin Orange Cup

**WHOLE FRESH FRUIT OFFERED DAILY**

7 **Cheesy Breadstick or Pizza Burger**  
Marinara sauce  
Emoji Fries  
Diced Pears

10 **School Closed Professional Learning Day**  


11 **Chicken Sandwich**  
Emoji Fries  
Mixed Vegetables  
Applesauce Cup

12 **Snow Day School Closed**

13 **Cheese Quesadilla or Soft Taco**  
Fiesta Corn  
Salsa Cup  
Pineapple cup

14 **Heart Shaped Nuggets w/ Heart Cookie**  
Crinkle Cut Fries  
Celery & Carrot Sticks w/ Dip  
Baked Beans  
Apple Slices

17 **School Closed President's Day**  


18 **Pasta & Meatballs w/ Dinner Roll**  
Vegetable blend  
Romaine Garden Side Salad w/ Dressing  
Mixed Fruit Cup

19 **Cheeseburger or Hot Dog**  
Cowboy Baked Beans  
Emoji Fries  
Sidekick

20 **Pizza Palooza Homemade Pizza**  
Steamed Broccoli  
Carroteenies w/ Dip  
Frozen Fruit Cup

21 **Cheesesteak or Pizza Crunchers**  
Marinara sauce  
Steamed Green Beans  
Apple Slices

24 **Stuffed Crust Pizza**  
Carroteenies w/ Dip  
Steamed Green Beans  
Cool Tropic

25 **Chicken Nuggets w/ Dinner Roll**  
Cucumber Tomato Salad  
Vegetable Blend  
Apple Slices

26 **BBQ Beef Ribbie on Bun OR Fish Sticks w/ Cornbread**  
Steamed Corn  
Texas Ranchero Beans  
Frozen Fruit Cup

27 **Beef & Cheese Nachos**  
Baked Potato  
Steamed Broccoli  
Mixed Fruit Cup

28 **Oven Baked Chicken w/ Biscuit**  
Mashed Potatoes w/ Gravy  
Seasoned Mixed Vegetables  
Applesauce Cup

### ANNOUNCEMENTS

Daily:

**PB&J Sandwich w/ Goldfish & Cheese Stick**  
**Cheese Sandwich**

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

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



**MENU SUBJECT TO CHANGE**

### 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**

*This institution is an equal opportunity provider  
Smyrna Elementary & North Smyrna Elementary are CEP schools. Students attending these schools are provided meals at no cost.*

**In accordance with federal civil rights 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), disability, age, or 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 to obtain program information (e.g., Braille, large print, audiotape, 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:**

**1. mail:**

**U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or**

**2. fax:**

**(833) 256-1665 or (202) 690-7442; or**

**3. email:**

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

**This institution is an equal opportunity provider.**

# Clayton & SunnySide Elementary

## FEBRUARY 2025 Breakfast Menu

Health-e Pro 

MON

TUE

WED

THU

FRI

Menus are available online at: <http://www.smyrna.k12.de.us>. 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.



**3 Apple Bites**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**4 Fruit Strudel**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**5 Chocolate Chip Muffin Flat**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**6 Breakfast Wrap**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**7 Froot Loop Waffles**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**10 School Closed Professional Learning Day**



**11 Breakfast Bun**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**12 Snow Day School Closed**

**13 Southern Breakfast Sandwich**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

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



**17 School Closed President's Day**



**18 Stuffed Egg & Cheese Hashbrown**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**19 Donuts**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**20 Cinni Minis**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**21 Dutch Waffle**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**24 StrawBoli**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**25 French Toast Sticks**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**26 Breakfast Sandwich**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

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

**28 Muffins**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

### ANNOUNCEMENTS

Daily

1 ounce Cereal w/ Graham Cracker  
NutriGrain Bar w/ Graham Cracker  
1 pack PopTart w/ Graham Cracker  
Yogurt w/ Graham Cracker

Monday and Friday  
Munchable cup

Wednesday  
Apple Nachos

Tuesday and Thursday  
Smoothie w/ Graham Cracker

### MEAL PRICES

Student Breakfast: \$.80  
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 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), disability, age, or 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 to obtain program information (e.g., Braille, large print, audiotape, 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:**

**1. mail:**

**U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or**

**2. fax:**

**(833) 256-1665 or (202) 690-7442; or**

**3. email:**

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

**This institution is an equal opportunity provider.**

# Middle School Breakfast Menu

## FEBRUARY 2025

Health-e Pro 

MON

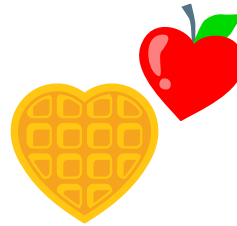
TUE

WED

THU

FRI

Menus are available online at: <http://www.smyrna.k12.de.us>. 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.



*Celebrate*  
**Black**  
HISTORY  
*month*

3  
**Cereal**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

4  
**Fruit Strudel**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

5  
**Chocolate Chip Muffin Flat**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

6  
**Sausage & Cheese Croissant**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

7  
**Cereal Blast Waffle**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

10  
**School Closed Professional Learning Day**



11  
**Breakfast Bun**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

12  
**Snow Day School Closed**

13  
**Breakfast Wrap**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

14  
**Ultra Bread**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

17  
**School Closed President's Day**



18  
**Stuffed Egg & Cheese Hashbrown**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

19  
**Donut Holes**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

20  
**Cinnamon Roll**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

21  
**BagelFul**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

24  
**Cereal Bar**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

25  
**Crumb Cake**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

26  
**Egg & Cheese on English Muffin**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

27  
**Pull-Apart Donut**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

28  
**Muffin**  
100% Fruit Juice  
Assorted Dried Fruit  
Choice of Milk

### ANNOUNCEMENTS

**Breakfast Meals are Grab & Go!**

**Stop in the Cafeteria to Start your day!**



**MENU SUBJECT TO CHANGE**

### MEAL PRICES

**Student Breakfast: \$0.80**  
**Student Extra Entrée: \$1.00**  
**Adult Breakfast: \$3.25**  
**Adult Breakfast Entrée Only: \$1.75**

*This institution is an equal opportunity provider*

**In accordance with federal civil rights 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), disability, age, or 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 to obtain program information (e.g., Braille, large print, audiotope, 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:**

**1. mail:**

**U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or**

**2. fax:**

**(833) 256-1665 or (202) 690-7442; or**

**3. email:**

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

**This institution is an equal opportunity provider.**



# Middle School Lunch Menu

## FEBRUARY 2025

Health-e Pro 

**MON**      **TUE**      **WED**      **THU**      **FRI**

Menus are available online at: <http://www.smyrna.k12.de.us>. 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.

**3** Chicken Nuggets w/ Mac & Cheese or Fish Sticks w/ Mac & Cheese  
BBQ Baked Beans  
Seasoned Corn  
Side Kick

**4** **Breakfast For Lunch**  
**Pancakes**  
**Chicken Sausage**  
Baked Sweet Potatoes  
Tator Tots  
Hot Apples

**5** Pizza Bagels or Corn Dog  
Buffalo Cauliflower  
Cucumber Cup w/ Dip  
Mixed Fruit Cup

**CHOICE OF FAT FREE FLAVORED, 1% WHITE & SKIM MILK DAILY**

**6** Mandarin Orange Chicken w/ Rice & Roll or Chicken & Vegetable Dumpling  
Steamed Broccoli  
Orange Glazed Carrots  
Mandarin Orange Cup

**WHOLE FRESH FRUIT OFFERED DAILY**

**7** Cheesy Breadstick or Pizza Burger  
Marinara sauce  
Emoji Fries  
Apple Slices

**10** School Closed Professional Learning Day  


**11** Chicken Sandwich  
Waffle Fries  
Vegetarian Baked Beans  
Apple Slices

**12** Snow Day School Closed

**13** Cheese Quesadilla or Soft Taco  
Seasoned Black Beans  
Roasted Corn Blend  
Salsa Cup  
Pineapple Cup

**14** Boneless Chicken Wings w/ Heart Cookie  
Crispy Fries  
Carrot & Celery Sticks w/ Dip  
Applesauce Cup

**17** School Closed President's Day  


**18** Pasta & Meatballs w/ Breadstick  
Vegetable blend  
Romaine Side Salad  
Mixed Fruit Cup

**19** Cheeseburger or Hot Dog  
Potato Wedges  
Baked Beans  
Sidekick

**20** Pizza Palooza  
**Homemade Pizza**  
Steamed Broccoli  
Cucumber Cup w/ Dip  
Diced Peaches

**21** Cheesesteak or Pizza Crunchers  
Marinara Sauce  
Seasoned Green Beans  
Apple Slices

**24** Stuffed Crust Pizza  
Carroteenies w/ Dip  
Seasoned Green Beans  
Cool Tropic

**25** Boneless Chicken w/ Dinner Roll  
Seasoned Mixed Vegetables  
Spinach Side Salad  
Apple Slices

**26** BBQ Beef Ribbie on a Roll OR Fish Filet Sandwich  
Seasoned Corn  
Texas Ranchero Beans  
Frozen Fruit Cup

**27** Beef & Cheese Nachos  
Baked Potato  
Seasoned Broccoli  
Mixed Fruit Cup

**28** Oven Baked Chicken w/ Biscuit  
Mashed Potatoes  
Seasoned Peas  
Applesauce Cup

### ANNOUNCEMENTS

**Daily:**  
PB&J Sandwich w/ Goldfish & Cheese Stick

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

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



**MENU SUBJECT TO CHANGE**

### 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

*This institution is an equal opportunity provider*

**In accordance with federal civil rights 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), disability, age, or 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 to obtain program information (e.g., Braille, large print, audiotape, 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:**

**1. mail:**

**U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or**

**2. fax:**

**(833) 256-1665 or (202) 690-7442; or**

**3. email:**

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

**This institution is an equal opportunity provider.**

# High School FEBRUARY 2025

## Breakfast Menu

Health e Pro 

MON

TUE

WED

THU

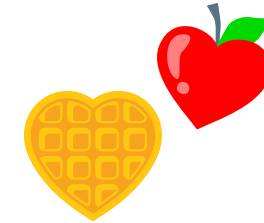
FRI

Menus are available online at: <http://www.smyrna.k12.de.us>. 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.

3  
**Apple Bites**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

4  
**Breakfast Bowl**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

5  
**Chocolate Chip Muffin Flat**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk



6  
**Pancake & Sausage Breakfast Sandwich**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

*Celebrate*  
**Black**  
HISTORY  
*month*

7  
**Cereal Blast Waffle**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

10  
**School Closed Professional Learning Day**



11  
**Breakfast Bun**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

12  
**Snow Day School Closed**

13  
**Southern Breakfast Sandwich**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

14  
**Ultra Bread**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk



17  
**School Closed President's Day**



18  
**French Toast Sticks w/ Sausage Links**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

19  
**Donuts**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

20  
**Turkey Bacon/Egg & Queso Cheese Breakfast Taco**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

21  
**Dutch Waffle**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

24  
**Chicken Biscuit Sandwich**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

25  
**Pull-Apart Donut**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

26  
**Bagel or Croissant Sandwiches**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

27  
**Cinnamon Roll Casserole**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

28  
**Assorted Muffins**  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

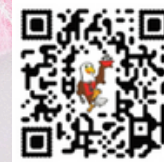
### ANNOUNCEMENTS

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

Monday and Friday:  
Munchable Cup

Wednesday:  
Apple Nachos

Tuesday and Thursday:  
Smoothie w/ Graham Cracker



**MENU  
SUBJECT TO  
CHANGE**

### MEAL PRICES

Student Breakfast: \$.80  
Student Extra Entrée: \$1.00  
Adult Breakfast: \$4.95  
Adult Breakfast Entrée Only: \$3.00

*This institution is an equal opportunity provider*

**In accordance with federal civil rights 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), disability, age, or 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 to obtain program information (e.g., Braille, large print, audiotape, 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:**

**1. mail:**

**U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or**

**2. fax:**

**(833) 256-1665 or (202) 690-7442; or**

**3. email:**

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

**This institution is an equal opportunity provider.**

# High School FEBRUARY 2025

## Lunch Menu



*Celebrate*  
**Black**  
HISTORY  
*month*

MON

TUE

WED

THU

FRI

Menus are available online at: <http://www.smyrna.k12.de.us>. 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.

**3** BBQ Pork on a Ciabatta Bun or Fish Sticks w/Hushpuppies  
3 Cheese Mac & Cheese  
BBQ Baked Beans  
Seasoned Corn  
SideKick

**4** **Breakfast For Lunch**  
**Pancakes**  
**Chicken Sausage**  
Baked Sweet Potatoes  
Tator Tots  
Hot Apples

**5** **Grilled Cheese Sandwich**  
Cream of Tomato Soup  
Seasoned Green Beans  
Sliced Peaches

**CHOICE OF FAT FREE FLAVORED, 1% WHITE & SKIM MILK DAILY**

**WHOLE FRESH FRUIT OFFERED DAILY**

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

**7** **Chicken Tenders w/ Garlic Bread**  
Seasoned Crinkle Cut Fries  
Seasoned Vegetable Blend  
Mixed Fruit Cup

### ANNOUNCEMENTS

Daily:

PB&J Sandwich  
Assorted Wraps  
Hummus Platter

Monday, Wednesday and Friday:  
Chicken Caesar Salad w/ Breadstick  
Fruit Salad w/ Breadstick  
Chicken Salad on a Croissant

Tuesday and Thursday:  
Cobb Salad w/ Breadstick  
Fruit Parfait w/ Breadstick  
Ham & Cheese Sandwich  
Turkey & Cheese Sub

**10** School Closed Professional Learning Day



**11** **Breaded Chicken Sandwich**  
Waffle Fries  
Vegetarian Baked Beans  
Applesauce Cup

**12** Snow Day School Closed

**13** **Cheese Quesadilla or Soft Taco/ Walking Taco**  
Salsa Cup  
Cilantro Lime Rice  
Corn Blend  
Pineapple Cup

**14** **Boneless Wings w/ Heart Cookie Crispy Fries**  
**Seasoned Green Beans**  
**Carrot & Celery Sticks w/ Dip**  
**Apple Slices**



**MENU SUBJECT TO CHANGE**

**17** School Closed President's Day

**18** **Pasta & Meatballs w/ Breadstick**  
Seasoned Broccoli  
Seasoned Vegetable Blend  
Mixed Fruit Cup

**19** **Bacon Cheeseburger or Chili Dog**  
Potato Wedges  
Cowboy Baked Beans  
Sidekick

**20** **Pizza Palooza**  
**Homemade Pizza**  
Cucumber Cup w/ Dip  
Carroteenies w/ Dip  
Sliced Peaches

**21** **Cheesesteak Melt or Pizza Crunchers**  
Marinara Cup  
Seasoned Green Beans  
Curly Fries  
Apple Slices

### 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

**24** **Stuffed Crust w/Garlic Knot or French Crust Pizza w/ Garlic Knot**  
Sweet Potato Fries  
Seasoned Green Beans  
Cool Tropic

**25** **Boneless Chicken Chunks w/ Corn Muffin**  
Scalloped Potatoes  
Buffalo Cauliflower  
Apple Slices

**26** **BBQ Beef Ribbie on a Roll OR Fish Filet Sandwich**  
Seasoned Crinkle Fries  
Texas Ranchero Beans  
Orange Slices

**27** **Beef & Cheese Nachos**  
Baked Potato  
Seasoned Broccoli  
Applesauce Cup

**28** **Oven Baked Chicken w/ Biscuit**  
Seasoned Mashed Potatoes w/Gravy  
Roasted Brussel Sprouts  
Sliced Peaches

*This institution is an equal opportunity provider*

**In accordance with federal civil rights 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), disability, age, or 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 to obtain program information (e.g., Braille, large print, audiotape, 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:**

**1. mail:**

**U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or**

**2. fax:**

**(833) 256-1665 or (202) 690-7442; or**

**3. email:**

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

**This institution is an equal opportunity provider.**