

# Smyrna School District Child Nutrition Program



# April

2022

## Breakfast Menu K-6<sup>th</sup> Grade

Monday

Tuesday

Wednesday

Thursday

Friday

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.

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

**Eggs w/ Cinnamon Toast** 5  
Home Fries  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**Donut** 6  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**Southern Breakfast Biscuit** 7  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**Muffin** 8  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**Pancakes** 11  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**Mini Cinnis** 12  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

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

**Egg and Cheese Croissant** 14  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**School Closed** 15

**School Closed** 18

**School Closed** 19

**School Closed** 20

**School Closed** 21

 **School Closed** 22

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

**Cheesy Omelet w/ Biscuit** 26  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**Piggie Stick** 27  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**Cheesy Egg w/ English Muffin** 28  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

**Bagelful** 29  
100% Fruit Juice  
Whole Fresh Fruit  
Choice of Milk

## In Season Artichoke

One serving of artichokes provides greater antioxidant benefits per serving than many other foods traditionally considered to be antioxidant-rich.



They also provide 10.3 grams of dietary fiber, which can improve your overall digestive health.

### Breakfast service is 8:20-8:35

For a 1 hour delay breakfast service will be 9:20-9:35.

There is no breakfast service when there is a 2 hour delay.

### Cold Entrées Available:

Assorted Cereals with Graham Cracker  
Assorted PopTarts with Graham Cracker  
Assorted Nutri Grain Bars with Graham Cracker  
Assorted Yogurts with Graham Cracker  
Smoothies (Monday, Wednesday & Friday)  
Munchable Cups (Tuesday & Thursday)

Choice of milk is available daily

Menu is subject to change

Nutrition information can be found online.

## Meal Prices

Breakfast and Lunch Are FREE For The 2021/2022 School Year!



Due to disruption in food chain supplies, menu changes are beyond Child Nutrition's control at this time.



Are you looking for a job that works with your student's schedule?  
Are you looking for a job that will give you the summer off?  
Do you have a passion for feeding kids and teens?  
Smyrna Child Nutrition might be the fit for you!  
Head over to our website at <https://smyrna.healtheliving.net/> and scroll to the bottom of the main page to find an application!

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

This institution is an equal opportunity provider.

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**Pizza Cheeseburger** 4  
Baked Sweet Potatoes  
Onion Rings  
Apple Slices

**Nachos w/ Beef & Cheese** 5  
Baked Potato  
Steamed Broccoli  
Marinated Black Bean Salad  
Fresh Orange Slices

**Baked Fish Sticks w/ Roll Chicken Tenders w/ Roll** 6  
Mashed Potatoes  
Chicken Gravy  
Steamed Peas  
Frozen Fruit Cup

**General Tso Chicken w/ Rice Meatball Sub** 7  
Mixed Vegetables  
Orange Glazed Carrots  
Mandarin Oranges

**Chicken Cheesesteak Beefaroni w/ Bread Stick** 8  
Fried Peppers & Onions  
Green Beans  
Romaine Wedge Salad  
Diced Peaches

**Stromboli Personal Pizza** 11  
Celery Sticks w/ Dip  
Emoji Fries  
Marinara Sauce  
Applesauce

**Soft Shell Taco Day** 12  
Refried Beans  
Salsa  
Steamed Corn  
Pineapple Cup  
Chicken Tortilla Soup

**Baked Ziti** 13  
Mixed Vegetable Medley  
Steamed Broccoli  
Pear Cup

**Chicken Nuggets w/ Roll Hot Ham & Cheese Sandwich** 14  
Scalloped Potatoes  
Roasted Brussels Sprouts  
Peach Cup

15  
**School Closed**

18  
**School Closed**

19  
**School Closed**

20  
**School Closed**

21  
**School Closed**

22  
  
**School Closed**

**Chicken & Vegetable Bowl w/ Garlic Knot** 25  
Corn  
Mashed Potatoes  
Honey Sriracha Carrots  
Gravy  
Fruit Cocktail

**Pizza** 26  
Cowboy Beans  
Mixed Vegetables  
Pineapple Cup


**Chicken Nuggets w/ Roll** 27  
Macaroni & Cheese  
Steamed Green Beans  
Fresh Veggies Cup w/ Dip  
Frozen Fruit Cup

**Cheeseburger Lasagna w/ Meat Sauce** 28  
Cucumber Slices w/ Dip  
Romaine Side Salad  
Frozen Peach Cup

**Chicken Poppers w/ Roll** 29  
Crispy Seasoned Fries  
Celery Sticks w/ Dip  
Apple Slices  
Chicken Noodle Soup

**In Season Artichoke**

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**Announcements**

**Cold Entrées Available:**  
Assorted Sandwiches (Including Peanut or Soy Butter and Jelly)  
Assorted Subs  
Assorted Salads with Super Pretzel Fruit and Yogurt Parfaits with Super Pretzel

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Nutrition information can be found online.

**Meal Prices**

**Breakfast and Lunch Are FREE For The 2021/2022 School Year!**




**Choice of Milk and Whole Fresh Fruit Available Daily.**

**Menu is Subject to Change**



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