

# High School

## December 2023 Breakfast Menu

Health-e Pro 

MON	TUE	WED	THU	FRI
	<b>Non-Fat Flavored AND 1% or Skim Milk Offered Daily</b>	<b>WHOLE FRESH FRUIT OFFERED DAILY</b>		1 <b>Apple Bites</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
4 <b>Breakfast Bun</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	5 <b>Southern Sausage Sandwich Tator Tots</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	6 <b>Ultra Bread</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	7 <b>Stuffed Egg &amp; Cheese Hashbrown</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	8 <b>No School For Students</b>
11 <b>BagelFul</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	12 <b>Breakfast Sandwich Pancake &amp; Chicken Sausage Sandwich</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	13 <b>Donut</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	14 <b>Cinni Minis</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	15 <b>Dutch Waffle</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk
18 <b>Strawboli</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	19 <b>French Toast Sticks</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	20 <b>Breakfast Sandwich Bagel or Croissant</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	21 <b>Pull-Apart Donut</b> 100% Fruit Juice Whole Fresh Fruit Choice of Milk	22 <b>Winter Break</b>
<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  
Yogurt w/ Graham Cracker

Monday and Friday  
Munchable Cup

Wednesday  
Apple Nachos

Tuesday and Thursday  
Smoothie w/ Graham Cracker

### Meal Prices

Student Breakfast: \$0.80  
Student Extra Entree: \$1.00  
Adult Breakfast: \$3.25  
Adult Breakfast Entree 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, 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)**

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# High School December 2023 Lunch Menu

Health-e Pro 

MON	TUE	WED	THU	FRI
	<b>Non-Fat Flavored AND 1% or Skim Milk Offered Daily</b>	<b>WHOLE FRESH FRUIT OFFERED DAILY</b>		1 Meatball Sub or Fish Sandwich Seasoned Succotash Crispy Fries w/ Cheese Sauce Diced Peaches
4 BBQ Chicken Flatbread or Corn Dog Seasoned Corn Vegetarian Baked Beans Diced Pears Cookie	5 Chicken Patty or Sloppy Joe Seasoned Green Beans Waffle Fries Applesauce Cup	6 <b>Breakfast For Lunch</b> Pancakes Chicken Sausage Hash browns Maple Carrots 100% Fruit Juice	7 Cheesesteak or Pizza Crunchers w/ Marinara Cup Crispy Fries Peppers & Onions Seasoned Broccoli Frozen Fruit Cup	8 <b>No School For Students</b>
11 General Tso's Chicken w/ Fried Rice Seasoned Broccoli Seasoned Mixed Vegetables Applesauce Cup Fortune Cookie	12 Salisbury Steak w/ Biscuit or BBQ Pulled Pork Sandwich Scalloped Potatoes Seasoned Green Beans Apple Slices Gravy	13 Gochujang Chicken Drumstick w/ Rice & Roll Seasoned Corn Seasoned Vegetable Blend Cool Tropic	14 <i>Holiday Meal</i> Turkey Roast w/ Roll Stuffing Mashed Potatoes w/ Gravy Sweet Potatoes Steamed Peas Apple Slices Cranberry Sauce Holiday Cookie Holiday Pudding Cup	15 Turkey Barbacoa on a Ciabatta Bun or Bacon Cheeseburger on a Pretzel Bun Carrot & Celery Sticks Cowboy Baked Beans Crispy Fries Frozen Fruit Cup
18 Stuffed Crust Pizza w/ Garlic Knot or French Bread Pizza w/ Garlic Knot Seasoned Broccoli Sweet Potato Fries SideKick	19 Beefaroni w/ Breadstick Seasoned Corn Seasoned Vegetable Blend Diced Pears	20 Grilled Cheese or BBQ Beef Ribbie Seasoned Green Beans Tomato Soup Diced Peaches	21 Oven Baked Chicken w/ Biscuit BBQ Baked Beans Seasoned Carrots Potato Wedges Mixed Fruit Cup	22 <b>Winter Break</b>

## Additional Entrees Offered

Daily:  
PB&J Sandwich  
Assorted Wraps  
Hummus Platter

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

Tuesday and Thursday:  
Cobb salad w/ Pretzel  
Fruit Parfait w/ Pretzel  
Ham & Cheese Sandwich  
Turkey & Cheese Sub

## Meal Prices

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

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