

Kindergarten-6th Grade December 2023 Breakfast Menu

Health-e Pro 

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

Additional Entrees Offered

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: \$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

This institution is an equal opportunity provider.

Kindergarten-6th Grade December 2023 Lunch Menu

MON	TUE	WED	THU	FRI
	Non-Fat Flavored AND 1% or Skim Milk Offered Daily	WHOLE FRESH FRUIT OFFERED DAILY		1 Meatball Sub or Fish Sandwich Succotash Sweet Potato Fries Diced Peaches
4 Cheese Quesadilla w/ Salsa Cup or Corn Dog Steamed Corn Vegetarian Baked Beans Diced Pears	5 Chicken Patty or Sloppy Joe Emoji Fries Green Beans Applesauce Cup	6 Beef & Cheese Nachos Steamed Broccoli Baked Potato Frozen Fruit Cup	7 Cheesesteak or Pizza Crunchers w/ Marinara Cup Cucumber Cup w/ Dip Pizza Green Beans Apple Slices	8 No School For Students
11 Chicken Poppers w/ Roll or Buffalo Chicken Poppers w/ Roll Mixed Vegetables Seasoned Fries Applesauce Cup	12 Salisbury Steak w/ Biscuit or Breaded Beef Sticks w/ Biscuit Scalloped Potatoes Steamed Green Beans Apple Slices Gravy	13 Chicken Nuggets w/ Roll Emoji Fries Mixed Vegetable Medley Sidekick	14 <i>Holiday Meal</i> Turkey Roast w/ Roll Stuffing Mashed Potatoes w/ Gravy Steamed Peas Apple Slices Cranberry Sauce Holiday Pudding Cup	15 Turkey & Cheese on a Pretzel Bun or Beef Hotdog Carrot & Celery Sticks Cowboy Baked Beans Frozen Fruit Cup
18 Stuffed Crust Pizza or French Bread Pizza Baby Carrots Steamed Broccoli Cool Tropic	19 Beefaroni w/ Breadstick Seasoned Vegetable Blend Steamed Corn Diced Pears	20 Grilled Cheese or BBQ Beef Ribbie Green Beans Tomato Soup Diced Peaches	21 Oven Baked Chicken w/ Biscuit BBQ Baked Beans Succotash Mixed Fruit Cup Chicken Noodle Soup	22 Winter Break

Additional Entrees Offered

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

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

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

Meal Prices

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

This institution is an equal opportunity provider.

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.



**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

This institution is an equal opportunity provider.