

Non-Fat
Flavored AND
1% or Skim Milk
Offered Daily

Kindergarten - 6th Grade December 2022 Breakfast Menu



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.

5 French Toast Sticks 100% Fruit Juice Whole Fresh Fruit Choice of Milk	6 Muffin 100% Fruit Juice Whole Fresh Fruit Choice of Milk	7 Cheese Omelet w/ Biscuit 100% Fruit Juice Whole Fresh Fruit Choice of Milk	8 Mini Cinnis 100% Fruit Juice Whole Fresh Fruit Choice of Milk	9 Southern Sausage Sandwich 100% Fruit Juice Whole Fresh Fruit Choice of Milk
12 No School for Students	13 Waffles 100% Fruit Juice Whole Fresh Fruit Choice of Milk	14 Ultra Bread 100% Fruit Juice Whole Fresh Fruit Choice of Milk	15 Donuts 100% Fruit Juice Whole Fresh Fruit Choice of Milk	16 Cheesy Eggs w/ Biscuit 100% Fruit Juice Whole Fresh Fruit Choice of Milk
19 Pancakes 100% Fruit Juice Whole Fresh Fruit Choice of Milk	20 Cinnamon Roll 100% Fruit Juice Whole Fresh Fruit Choice of Milk	21 Chocolate Filled Crescent 100% Fruit Juice Whole Fresh Fruit Choice of Milk	22 Egg & Cheese Croissant 100% Fruit Juice Whole Fresh Fruit Choice of Milk	23 No School for Students
26 Winter	27 BREAK!	28 BREAK!	29 BREAK!	30 WHOLE FRESH FRUIT OFFERED DAILY

ANNOUNCEMENTS

Additional Entrees Offered Daily
1 Ounce Cereal w/ Graham Cracker
1 Pack PopTart w/ Graham Cracker
NutriGrain Bar w/ Graham Cracker
Yogurt w/ Graham Cracker

Additional Entrees Offered Monday,
Wednesday and Friday
Munchable Cup

Additional Entrees Offered Tuesday
and Thursday
Smoothie w/ Graham Cracker

Whole Fresh Fruit AND 100% Fruit
Juice Offered Daily

Choice of Milk Offered Daily

MEAL PRICES

Student Breakfast: \$0.80
Student Extra Entree: \$0.80
Adult Breakfast: \$3.25

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/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.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

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Kindergarten-6th Grade December 2022 Lunch Menu



MON

TUE

WED

THU

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5
Chicken Patty Sandwich or Hot Dog
BBQ Baked Beans
Waffle Fries
Applesauce Cup

6
Pizza
Steamed Carrots
Caesar Side Salad
Frozen Fruit Cup
Cookie

7
Chicken Poppers w/ Goldfish Crackers
Steamed Broccoli
Mashed Potatoes w/ Gravy
Mandarin Orange Cup

1
Breakfast for Lunch
Pancakes
Chicken Sausage Patties
Hash Browns
Orange Glazed Carrots
100% Fruit Juice

2
Pizza Palooza
Homemade Pizza
Steamed Corn
Cucumbers w/ Dip
Apple Slices

12
No School for Students

13
Beef & Cheese Nachos or Corn Dog
Baked Potato
Steamed Broccoli
Marinated Black Bean Salad
Sidekick

14
Meatballs & Rotini
Steamed Corn
Cucumber w/ Dip
Mixed Fruit

15 **Holiday Meal**
Turkey Roast w/Dinner Roll
Mashed Potatoes
Steamed Green Beans
Stuffing
Gravy
Apple Slices /Cookie

16
Breakfast for Lunch
French Toast Sticks
Chicken Bites
Brown Sugar Carrots
Spinach Side Salad
Hot Apple Slices

19
Pizza
Emoji Fries
Fresh Vegetable Cup w/ Dip
Sidekick

20
Breakfast for Lunch
Cheesy Eggs
Waffle
Tator Tots
Honey Carrots
Orange Slices

21
Chicken Nuggets w/ Roll
Steamed Green Beans
Romaine Side Salad
Mixed Fruit Cup

22
Chicken Patty Sandwich
Fries
Vegetarian
Baked Beans
Apple Slices

23
No School for Students

26
Winter BREAK!



30
WHOLE FRESH FRUIT OFFERED DAILY

ANNOUNCEMENTS

Cold Entrees Offered Daily:
PB& J Sandwich w/ Goldfish & Cheese Stick
Cheese Sandwich

Cold Entrees Offered Monday, Wednesday and Friday:
Chicken Caesar Salad w/ Pretzel
Fruit Salad w/ Pretzel
Ham & Cheese Sandwich

Cold Entrees Offered Tuesday and Thursday:
Chef salad w/ Pretzel
Fruit Parfait w/ Pretzel
Egg Salad Sandwich

Whole Fresh Fruit Offered Daily
Choice of Milk Offered Daily

MEAL PRICES

Student Lunch: \$1.25
Student Extra Entree: \$1.50
Various Snacks: \$0.75
Adult Lunch: \$4.95
Adult Entree: \$2.50

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