

Grab & Go Breakfast Menu

SEPTEMBER 2024

BACK TO
SCHOOL!

Health-e Pro
Welcome

BACK

MON	TUE	WED	THU	FRI
Labor Day 	Ultra Bread 100% Fruit Juice Whole Fresh Fruit Choice of Milk	Donut Sticks 100% Fruit Juice Whole Fresh Fruit Choice of Milk	BagelFul 100% Fruit Juice Whole Fresh Fruit Choice of Milk	Breakfast Bun 100% Fruit Juice Whole Fresh Fruit Choice of Milk
Cereal Pouches w/ Graham Cracker 100% Fruit Juice Whole Fresh Fruit Choice of Milk	School Closed *Inservice Day*	Donut Holes 100% Fruit Juice Whole Fresh Fruit Choice of Milk	Cinni Minis 100% Fruit Juice Whole Fresh Fruit Choice of Milk	PopTart w/ Graham Cracker 100% Fruit Juice Whole Fresh Fruit Choice of Milk
StrawBoli 100% Fruit Juice Whole Fresh Fruit Choice of Milk	Crumb Cake 100% Fruit Juice Whole Fresh Fruit Choice of Milk	Cereal Bar 100% Fruit Juice Whole Fresh Fruit Choice of Milk	Pull-Apart Donut 100% Fruit Juice Whole Fresh Fruit Choice of Milk	Muffins 100% Fruit Juice Whole Fresh Fruit Choice of Milk
Apple Bites 100% Fruit Juice Whole Fresh Fruit Choice of Milk	Apple or Cherry Strudel 100% Fruit Juice Whole Fresh Fruit Choice of Milk	Muffin Flat 100% Fruit Juice Whole Fresh Fruit Choice of Milk	PopTart w/ Graham Cracker 100% Fruit Juice Whole Fresh Fruit Choice of Milk	Cereal Blast Waffles 100% Fruit Juice Whole Fresh Fruit Choice of Milk
Cereal Bar 100% Fruit Juice Whole Fresh Fruit Choice of Milk	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.			WHOLE FRESH FRUIT OFFERED DAILY

ANNOUNCEMENTS

Grab & Go Breakfast will be served at:
Smyrna Elementary
North Smyrna Elementary
Clayton Intermediate
JBM Intermediate

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, 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

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Kindergarten - 6th Grade

SEPTEMBER 2024 Lunch Menu

BACK TO School!

Health-e Pro
Welcome

BACK

MON

TUE

WED

THU

FRI

2

Labor Day

3

**ABC Nuggets
w/Biscuit**

Emoji Fries
Vegetarian Baked Beans
Applesauce Cup

4

**Beefaroni w/
Breadstick**

Steamed Green Beans
Vegetable Blend
Diced Peaches

5

**Cheese Quesadilla
or
Soft Taco**

Fiesta Corn
Salsa Cup
Pineapple cup

6

**Pizza Bagels
or
Corn Dog**

Tator Tots
Steamed Broccoli
Cool Tropic

9

**Breakfast For Lunch
Chicken & Waffle**

Honey Carrots
V-Blend Juice
Frozen Fruit Cup

10

**School Closed
*Inservice Day***

11

**Cheeseburger
or
Hot Dog**

Cowboy Baked Beans
Emoji Fries
Sidekick

12

**Pizza Palooza
Homemade Pizza**

Steamed Broccoli
Cucumber Cup w/ Dip
Diced Peaches

13

**Cheesesteak
or
Pizza Crunchers**

Marinara sauce
Steamed Green Beans
Apple Slices

16

**Stuffed Crust Pizza
or
French Bread Pizza**

Baby Carrots w/ Dip
Steamed Green Beans
Cool Tropic

17

**Chicken Nuggets
w/ Dinner Roll**

Cucumber Tomato
Salad
Vegetable Blend
Apple Slices

18

**BBQ Beef Rib
Sandwich
or
Fish Sticks**

w/Cornbread
Steamed Corn
Ranchero Baked Beans
Frozen Fruit Cup

19

**Beef & Cheese
Nachos**

Baked Potato
Steamed Broccoli
Mixed Fruit Cup

20

**Oven Baked Chicken
w/ Biscuit**

Mashed Potatoes
w/ Gravy
Vegetable Medley
Applesauce Cup

23

**Chicken Bites
w/ roll**

BBQ Baked Beans
Vegetable Medley
Sidekick

24

**Breakfast For Lunch
Pancakes**

Chicken Sausage
Baked Sweet Potatoes
Spinach Side Salad
Orange Slices

25

**Mac & Cheese w/
Breadstick**

Steamed Green Beans
Buffalo Cauliflower
Diced Peaches

26

**Mandarin Orange
Chicken w/ Rice & Roll
or
Chicken & Vegetable**

Dumplings
Steamed Broccoli
Orange Glazed Carrots
Mandarin Orange Cup

27

**Pizza Burger
or
Cheesy Breadstick**

Emoji Fries
Marinara Sauce
Diced Pears

30

**Pizza Bagels
or
Corn Dog**

Tator Tots
Steamed Broccoli
Cool Tropic

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**WHOLE
FRESH
FRUIT
OFFERED
DAILY**

Additional Entrees Offered

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 Crackers**

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**

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