

# High School

## June 2023 Breakfast Menu



| MON  | TUE  | WED   | THU  | FRI  |
|--|--|---|--|--|
| <b>WHOLE FRESH FRUIT OFFERED DAILY</b>                                       |  |   | 1<br>BagelFul<br>100% Fruit Juice<br>Whole Fresh Fruit<br>Choice of Milk                               | 2<br>Chicken on a Biscuit<br>100% Fruit Juice<br>Whole Fresh Fruit<br>Choice of Milk         |
| 5<br>French Toast<br>100% Fruit Juice<br>Whole Fresh Fruit<br>Choice of Milk | 6<br>Muffin<br>100% Fruit Juice<br>Whole Fresh Fruit<br>Choice of Milk | 7<br><b>Half Day!</b><br>Breakfast Bar<br>100% Fruit Juice<br>Whole Fresh Fruit<br>Choice of Milk | 8<br><b>Half Day!</b><br>Breakfast Sandwich<br>100% Fruit Juice<br>Whole Fresh Fruit<br>Choice of Milk | 9<br><b>Half Day!</b><br>Pancakes<br>100% Fruit Juice<br>Whole Fresh Fruit<br>Choice of Milk |
| 12   | 13   | 14  | 15   | 16   |
| 19   | 20   | 21  | 22   | 23   |

**SUMMER**

### ANNOUNCEMENTS

Additional Entrees Offered Daily  
 2 Ounce Cereals  
 2 Pack PopTart  
 NutriGrain Bar w/ Graham Cracker  
 Yogurt w/ Graham Cracker

Additional Entrees Offered  
Monday and Friday  
 Munchable Cup

Wednesday  
Apple Nachos

Additional Entrees Offered  
Tuesday and Thursday  
 Smoothie w/ Graham Cracker

### MEAL PRICES

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

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, 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](mailto:program.intake@usda.gov)**

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# High School June 2023 Lunch Menu



| MON  | TUE   | WED                                       | THU  | FRI   |
|--|---|---|--|---|
| <b>WHOLE FRESH FRUIT OFFERED DAILY</b>   |   |   | 1 Breakfast for Lunch<br>Pancakes<br>Chicken Sausage Patties<br>Hash Browns<br>Orange Glazed Carrots<br>100% Fruit Juice | 2 Pizza Palooza<br>Homemade Pizza<br>BBQ Baked Beans<br>Steamed Corn<br>Celery & Carrot Sticks w/ Dip<br>Apple Slices |
| 5 Boneless Chicken Wings w/ Breadstick<br>Brown Sugar carrots<br>Mashed Potatoes<br>OR<br>Scallop Potatoes<br>Mandarin Oranges | 6 Beef-A-Roni w/ Pull-Apart<br>OR<br>Pizza w/ Garlic Knot<br>Side Caesar Salad<br>Corn<br>Pineapple Cup<br>Cookie | 7<br><b>Half Day<br/>No Lunch Service</b> | 8<br><b>Half Day<br/>No Lunch Service</b>  | 9<br><b>Half Day<br/>No Lunch Service</b>   |
| 12   | 13  | 14  | 15   | 16  |
| <b>SUMMER</b>  |   |   |  |   |
| 19   | 20  | 21  | 22   | 23  |

## ANNOUNCEMENTS

### Cold Entrees Offered Daily:

PB&J Sandwich  
Assorted Wraps  
Hummus

### Cold Entrees Offered Monday,

#### Wednesday and Friday:

Chicken Caesar Salad w/ Pretzel  
Fruit Salad w/ Pretzel  
Ham & Cheese Sandwich  
Ham & Cheese Sub

### Cold Entrees Offered Tuesday and

#### Thursday:

Chef salad w/ Pretzel  
Fruit Parfait w/ Pretzel  
Egg Salad Sandwich

## MEAL PRICES

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

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