






High School

March 2023 Breakfast Menu

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.

MON	TUE	WED	THU	FRI
WHOLE FRESH FRUIT OFFERED DAILY	Non-Fat Flavored AND 1% or Skim Milk Offered Daily	1 Breakfast Bun 100% Fruit Juice Whole Fresh Fruit Choice of Milk	2 Chicken Biscuit Sandwich 100% Fruit Juice Whole Fresh Fruit Choice of Milk	3 BagelFul 100% Fruit Juice Whole Fresh Fruit Choice of Milk
6  French Toast Timber 100% Fruit Juice Whole Fresh Fruit Choice of Milk	7  Fueling Muffin 100% Fruit Juice Whole Fresh Fruit Choice of Milk	8  Breakfast Taco 100% Fruit Juice Whole Fresh Fruit Choice of Milk	9  Cinnamon Roll 100% Fruit Juice Whole Fresh Fruit Choice of Milk	10 No School For Students 
13 Strudel 100% Fruit Juice Whole Fresh Fruit Choice of Milk	14 Waffle 100% Fruit Juice Whole Fresh Fruit Choice of Milk	15 Hot Breakfast Sandwich 100% Fruit Juice Whole Fresh Fruit Choice of Milk	16 Donut 100% Fruit Juice Whole Fresh Fruit Choice of Milk	17 Cheesy Scrambled Eggs w/ English Muffin 100% Fruit Juice Whole Fresh Fruit Choice of Milk
20 Pancakes 100% Fruit Juice Whole Fresh Fruit Choice of Milk	21 Turkey Sausage Egg Bites w/ Biscuit 100% Fruit Juice Whole Fresh Fruit Choice of Milk	22 Chocolate Filled Crescent 100% Fruit Juice Whole Fresh Fruit Choice of Milk	23 Egg & Cheese Croissant 100% Fruit Juice Whole Fresh Fruit Choice of Milk	24 Apple Bites 100% Fruit Juice Whole Fresh Fruit Choice of Milk
27 Piggletstick 100% Fruit Juice Whole Fresh Fruit Choice of Milk	28 11th Grade SAT 9, 10 & 12 Virtual Hot Breakfast Sandwich 100% Fruit Juice Whole Fresh Fruit Choice of Milk	29 Breakfast Bun 100% Fruit Juice Whole Fresh Fruit Choice of Milk	30 BagelFul 100% Fruit Juice Whole Fresh Fruit Choice of Milk	31 No School For Students



Dig into National School Breakfast week with some egg-citing new entrees March 6-9!

Additional Entrees Offered Daily

2 Ounce Cereals
2 Pack PopTart
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

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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High School

March 2023 Lunch Menu

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MON	TUE	WED	THU	FRI
WHOLE FRESH FRUIT OFFERED DAILY	Non-Fat Flavored AND 1% or Skim Milk Offered Daily	1 Ravioli w/ Cheesy Pull -Apart Steamed Green Beans Romaine Side Salad Applesauce Cup	2 Breakfast for Lunch Pancakes Chicken Sausage Patties Hash Browns Orange Glazed Carrots 100% Fruit Juice	3 Pizza Palooza Homemade Pizza Steamed Corn Cucumbers w/ Dip Apple Slices
6 Chicken Patty Sandwich or Hot Dog BBQ Baked Beans Jalapeno Cilantro Coleslaw Applesauce Cup	7 Pizza w/ Garlic Knot or Boneless Chicken Wings w/ Garlic Knot Honey Sriracha Carrots Caesar Side Salad Frozen Fruit Cup Cookie	8 Meatball Sub or General Tso's Chicken w/ Rice Steamed Broccoli Red Pepper Slices w/ Dip Mandarin Orange Cup Fortune Cookie	9 Chicken Nuggets w/ Breadstick or Mac and Cheese Bar w/ Breadstick Steamed Green Beans Squash Medley Apple Slices	10 No School For Students
13 Chicken Tenders w/Biscuit or Pulled Pork on a Pretzel Bun Steamed Green Beans Scalloped Potatoes Diced Pears Peach Cobbler Pizza	14 Walking Nachos w/Beef & Cheese or Corn Dog Refried Beans Pico De Gallo Celery Sticks w/ Dip Sidekick	15 Pizza Palooza Homemade Pizza Cowboy Baked Beans Steamed Green Beans Mixed Fruit Cup	16 Chicken Parmesan Sandwich or Meatballs & Rotini w/ Garlic Knot Steamed Corn Steamed Peas & Carrots Frozen Peach Cup Zuppa Toscana Soup	17 Beef Shepards Pie w/ Dinner Roll or Fish Sticks w/Hushpuppies Mixed Vegetable Medley Spinach Side Salad Applesauce Cup Shamrock Cookie
20 w/ Garlic Knot Baby Carrots Mixed Vegetable Medley Frozen Fruit Cup Chicken Noodle Soup Cookie	21 Walking Dorito Tacos Cilantro Lime Rice Seasoned Black Beans Steamed Corn Salsa Cup Pineapple Cup	22 Chicken Nuggets w/ Breadstick or Lasagna w/ Breadstick Honey Sriracha Carrots Romaine Side Salad Apple Slices	23 Chicken Patty Sandwich Potato Wedges w/ Cheese sauce Vegetarian Baked Beans Apple Slices	24 ChampionBurger Or Fish Filet Sandwich Steamed Broccoli Onion Rings Orange Slices
27 Chicken Bites w/ Cornbread or Fish Sticks w/ Cornbread Cowboy Baked Beans Steamed Broccoli Macaroni & Cheese Diced Peaches	11th Grade In-Person 28 Pre-Ordered Field Trip Meal Cold Entree Dried & Whole Fresh Fruit 100% Vegetable Juice Vegetable Sticks Milk	29 Ravioli w/ Cheesy Pull -Apart Steamed Green Beans Romaine Side Salad Applesauce Cup	30 Breakfast for Lunch Pancakes Chicken Sausage Patties Hash Browns Orange Glazed Carrots 100% Fruit Juice	31 No School For Students

ANNOUNCEMENTS

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

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

Whole Fresh Fruit Offered Daily
 Choice of Non Fat Flavored AND 1% or Skim Milk Offered Daily

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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