

Clayton Elementary & SunnySide

NOVEMBER 2025 Breakfast Menu

Health-e Pro

MON

TUE

WED

THU

FRI

Menus are available online at: <http://www.smyrna.k12.de.us>.

"The Smyrna School District is an equal opportunity employer and does not discriminate against employees, applicants, visitors, or others, and does not deny access to educational or other services, based on any characteristic prohibited by law." Federal Nondiscrimination Statement on reverse side.

3 Pancakes
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

4 Sunrise Stick
100% Fruit Juice
Whole Fresh/Asst.
Dried Fruit
Choice of Milk

5 Donuts
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

6 Apple Bites
100% Fruit Juice
Whole Fresh/Asst.
Dried Fruit
Choice of Milk

7 Breakfast Sandwich
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

10 School Closed
Inservice Day



★ ★ ★ ★ ★
VETERANS DAY
November 11th

12 Cheesy Scrambled Eggs w/ Graham Cracker
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

13 Pull-Apart Donut
100% Fruit Juice
Whole Fresh/Asst.
Dried Fruit
Choice of Milk

14 French Toast Minis
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

17 Trix Muffin
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

18 Pizza Bagels
100% Fruit Juice
Whole Fresh/Asst.
Dried Fruit
Choice of Milk

19 Dutch Waffle
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

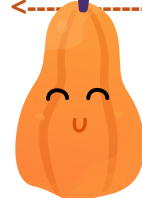
20 Cinnamon Turnover
100% Fruit Juice
Whole Fresh/Asst.
Dried Fruit
Choice of Milk

21 Breakfast Sandwiches
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

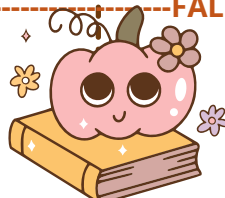
24 School Closed
*Parent/Teacher Conferences 9-12 Async *

25 School Closed
*Parent/Teacher Conferences 9-12 Async *

26



27



FALL BREAK

28



Additional Entrees Offered

Daily

1 ounce Cereal w/ Graham Cracker
1 pack Pop Tart w/ Graham Cracker

Monday and Friday
Munchable cup

Wednesday
Apple Nachos

Tuesday and Thursday
Smoothie w/ Graham Cracker

WHOLE FRESH FRUIT OFFERED DAILY



MEAL PRICES

Student Breakfast: FREE
Student Extra Entrees: \$1.00
Adult Breakfast: \$3.50
Adult Breakfast Entrée Only: \$2.00

This institution is an equal opportunity provider



MENU SUBJECT TO CHANGE

Grab & Go Breakfast Menu

NOVEMBER 2025

MON

TUE

WED

THU

FRI

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3

Froot Loop Waffles
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

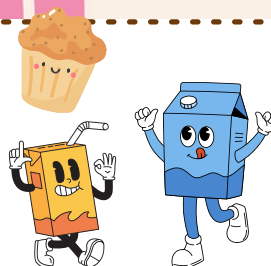
4

Sunrise Stick
100% Fruit Juice
Assorted Dried Fruit
Choice of Milk

5

Donut Holes
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

6



Muffin
100% Fruit Juice
Assorted Dried Fruit
Choice of Milk

7



Cinni Minis
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

10

School Closed
Inservice Day



4



12

Trix Muffin
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

13

Mini Loaf
100% Fruit Juice
Assorted Dried Fruit
Choice of Milk

14

Egg and Cheese English Muffin
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

17

Breakfast Bun
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

18

Pizza Bagel
100% Fruit Juice
Assorted Dried Fruit
Choice of Milk

19

Mini Maple Waffles
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

20

Chocolate Chip Muffin Top
100% Fruit Juice
Assorted Dried Fruit
Choice of Milk

21

Sausage and Cheese Stuffed Waffle
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

25

School Closed
***Parent/Teacher Conferences**
9-12 Async *

26

School Closed
***Parent/Teacher Conferences**
9-12 Async *

27



28



29



FALL BREAK



ANNOUNCEMENTS

Grab & Go Breakfast is available at:
Smyrna Elementary
North Smyrna Elementary
Clayton Intermediate
John Bassett Moore



MEAL PRICES

Student Breakfast: FREE
Student Extra Entrees: \$1.00
Adult Breakfast: \$3.50
Adult Breakfast Entrée Only: \$2.00

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MENU
SUBJECT TO CHANGE

Kindergarten - 6th Grade

NOVEMBER 2025 Lunch Menu

Healthy Pro 

MON

TUE

WED

THU

FRI

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3 **Meatless Monday**
Cheesy Breadstick
Crinkle Cut French Fries
Vegetable Juice
Frozen Fruit Cup

4 **Taco Tuesday**
 **Soft Taco**
Fiesta Corn
Seasoned Black Beans
Pineapple Cup

5 **French Bread Pizza**
Cucumber Tomato Salad
Vegetable Soup
Sidekick

WHOLE FRESH FRUIT OFFERED DAILY



6 **Mandarin Orange**
Chicken w/ Rice & Roll or
Chicken & Vegetable Dumplings 
Orange Glazed Carrots
Seasoned Broccoli
Mandarin Orange Cup

7 **Oven Baked Chicken**
w/ Biscuit
Mashed Potatoes w/ Gravy
Seasoned Green Beans
Cin. Applesauce Cup

10 **School Closed**
Inservice Day



★ ★ ★ ★ ★
VETERANS DAY
November 11th

12 **Chicken Bites**
w/ Corn Muffin
Texas Ranchero Beans
Sweet Potato Wedges
Froot Jooce Cup

13 **Pizza Palooza** 
Homemade Pizza
Pizza Style Green Beans
Cucumber Cup w/Dlp
Applesauce Cup

14 **Cheese Quesadilla**
or
Fish Sticks
w/ Dinner Roll
Steamed Peas
Romaine Side Salad
Apple Slices

17 **Pizza Crunchers**
Marinara Sauce
Seasoned Broccoli
Diced Peaches

18 **Corn Dog or Cheeseburger**
Carroteenies w/ Dip
Vegetarian Baked Beans
Hot Apple Slices

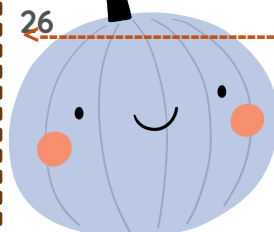
19 **Chicken Nuggets**
w/ Goldfish Crackers
Mixed Vegetable Medley
Crinkle Cut Fries
Froot Jooce Cup

20 **Holiday Meal**
Roast Turkey
Mashed Potatoes w/ Gravy
Seasoned Green Beans
Dinner Roll
 **Chocolate Chip Cookie**
Apple Slices

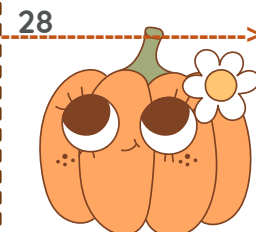
21 **Pizza Bagels**
Baked Sweet Potatoes
Spinach Side Salad
Hot Apple Slices

24 **School Closed**
***Parent/Teacher Conferences**
9-12 Async *

25 **School Closed**
***Parent/Teacher Conferences**
9-12 Async *



27 **FALL BREAK**



Additional Entrees Offered

Daily:

PB&J Sandwich w/ Goldfish & Cheese Stick
Cheese Sandwich
Fruit Salad w/ Pretzel

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

Tuesday and Thursday:
Turkey & Cheese Sandwich
Fruit Parfait w/ Granola & Goldfish Crackers

MEAL PRICES

Student Lunch: \$1.25
SES & NSE are CEP Schools
Lunch Is FREE
Student Extra Entrée: \$2.00
Various Snacks: \$1.25+
Adult Lunch: \$5.25
Adult Lunch Entrée Only: \$3.50

This institution is an equal opportunity provider



MENU
SUBJECT TO
CHANGE

Middle School NOVEMBER 2025 BREAKFAST Menu

Health-e Pro 

MON

TUE

WED

THU

FRI

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3

Froot Loop Waffles
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

4

Sunrise Stick
100% Fruit Juice
Assorted Dried Fruit
Choice of Milk

5

Donut Holes
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

6

Muffins
100% Fruit Juice
Assorted Dried Fruit
Choice of Milk

7

Cinnamon Roll
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk



**WHOLE
FRESH
FRUIT
OFFERED
DAILY**

10 **School Closed
*Inservice Day***



11 
**VETERANS
DAY**
November 11th

12 **Trix Muffin**
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

13 **Mini Loaf**
100% Fruit Juice
Assorted Dried Fruit
Choice of Milk

14 **Egg & Cheese English
Muffin**
100% Fruit Juice
Whole fresh Fruit
Choice of Milk

18

Breakfast Bun
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

19

Pizza Bagel
100% Fruit Juice
Assorted Dried Fruit
Choice of Milk

20

Mini Maple Waffles
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

21

Cinnamon Turnover
100% Fruit Juice
Assorted Dried Fruit
Choice of Milk

22

**Sausage & Egg
Stuffed Waffle**
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

25

**School Closed
*Parent/Teacher
Conferences
9-12 Async ***

26

**School Closed
*Parent/Teacher
Conferences
9-12 Async ***

27



28



29



FALL BREAK

ANNOUNCEMENTS

**Breakfast Meals are
Grab & Go!**

**Stop in the Cafeteria
to Start your day!**

BREAKFAST IS

STILL
FREE

MEAL PRICES

Student Breakfast: FREE
Student Extra Entrée: \$1.00
Adult Breakfast: \$3.50
Adult Breakfast Entrée Only: \$2.00

*This institution is an equal opportunity
provider*



**MENU
SUBJECT TO
CHANGE**

Middle School

NOVEMBER 2025 Lunch Menu

Healthy Pro



MON

TUE

WED

THU

FRI

Menus are available online at: <http://www.smyrna.k12.de.us>.

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3

Cheesesteak Melt
Crinkle Cut Fries
Veggie Juice
Sliced Peaches

4

Soft Taco
or
Barbacoa Burrito Bowl
Seasoned Black Beans
Fiesta Corn
Pineapple cup

5

French Bread Pizza
Vegetable Soup
Red Pepper Slices
w/Dip
Sidekick

**WHOLE
FRESH
FRUIT
OFFERED
DAILY**



6

Mandarin Orange Chicken
w/ Rice & Dinner Roll
or
Chicken & Vegetable Dumplings w/ Rice & Dinner roll
Steamed Broccoli
Orange Glazed Carrots
Mandarin Orange Cup

7

Oven Baked Chicken
w/ Corn Muffin
Mashed Potatoes w/ Gravy
Seasoned Green Beans
Cin. Applesauce Cup

10

School Closed
Inservice Day



11

VETERANS DAY
November 11th

12

Chicken Bites
w/ Corn Muffin
Sweet Potato Wedges
Texas Ranchero Pinto Beans
Orange Slices

Pizza Palooza
Homemade Pizza

Pizza Style Green beans
Cucumber Cup w/ Dip
Apple Slices

14

Cheese Quesadilla
or
Fish Sticks
w/Dinner Roll
Steamed Peas
Romaine Garden Salad
Cinnamon Diced Pears

17

Pizza Crunchers
Carroteenies w/ Dip
Marinara Sauce
Diced Peaches

18

Cheeseburger
Crinkle Cut Fries
BBQ Baked Beans
Sliced Pears

19

Chicken Nuggets
w/ Cornbread
Tater Triangles
Buffalo Cauliflower
Froot Jooce Cup



20

Holiday Meal
Roast Turkey
Mashed Potatoes
Gravy
Stuffing
Seasoned Green Beans
Dinner Roll
Holiday Pudding Cup
Apple Slices

21

Cheese Pizza Bagels
Baked Sweet Potato
Spinach Side Salad
Hot Apple Slices

24

School Closed
***Parent/Teacher Conferences**
9-12 Async *

25

School Closed
***Parent/Teacher Conferences**
9-12 Async *

26



27

FALL BREAK



28



Additional Entrees Offered

Daily:

PB&J Sandwich w/ Goldfish & Cheese Stick
Cheese Sandwich
Fruit Salad w/ Pretzel

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

Tuesday and Thursday:
Turkey & Cheese Sub or Sandwich
Fruit Parfait w/ Granola & Goldfish

MEAL PRICES

Student Lunch: \$1.50
Student Extra Entrée: \$2.00
Various Snacks: \$1.25+
Adult Lunch: \$5.25
Adult Lunch Entrée Only: \$3.50

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**MENU
SUBJECT TO
CHANGE**



High School

Health-e Pro 

NOVEMBER 2025 Breakfast Menu

Additional Entrees Offered

Daily:

2 Ounce Cereal
NutriGrain Bar w/ Graham Cracker
Double Pack PopTart

Monday and Friday: Munchable Cup

Wednesday: Apple Nachos

Tuesday and Thursday:
Smoothie w/ Graham Cracker
BREAKFAST IS

STILL
FREE

MEAL PRICES

Student Breakfast: FREE
Student Extra Entrée: \$1.00
Adult Breakfast: \$3.50
Adult Breakfast Entrée Only: \$2.00

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**MENU
SUBJECT TO
CHANGE**



MON	TUE	WED	THU	FRI
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3 Apple Bites 100% Fruit Juice Whole Fresh Fruit Choice of Milk	4 Sausage & Cheese Stuffed Waffle w/ Tater Tots 100% Fresh Fruit Whole Fresh/Asst. Dried Fruit Choice of Milk	5 Donuts 100% Fruit Juice Whole Fresh Fruit Choice of Milk	6 WHOLE FRESH FRUIT OFFERED DAILY Pancake Sandwich 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	7 Cinnamon Roll Casserole 100% Fruit Juice Whole Fresh Fruit Choice of Milk
10 School Closed *Inservice Day* 	11 VETERANS DAY <i>November 11th</i>	12 Bagels w/ Cream Cheese 100% Fruit Juice Whole Fresh Fruit Choice of Milk	13 Confetti or Maple Pancakes w/ Sausage Patty 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	14 Breakfast Sandwiches 100% Fruit Juice Whole Fresh Fruit Choice of Milk
17 Trix Muffin 100% Fruit Juice Whole Fresh Fruit Choice of Milk	18 Sunrise Stick w/ Tater Triangles 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	19 Dutch Waffle 100% Fruit Juice Whole Fresh Fruit Choice of Milk	20 Apple Roll or Cinnamon Turnover 100% Fruit Juice Whole Fresh/Asst. Dried Fruit Choice of Milk	21 Croissant Sandwiches 100% Fruit Juice Whole Fresh Fruit Choice of Milk
24 School Closed *Parent/Teacher Conferences 9-12 Async *	25 School Closed *Parent/Teacher Conferences 9-12 Async *	26 	27 FALL BREAK 	 

High School

Health-e Pro 

NOVEMBER 2025 Grab & GO Breakfast Menu

MON

TUE

WED

THU

FRI

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3

Ultra Bread
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

4

Apple Bites
100% Fruit Juice
Asst. Dried Fruit
Choice of Milk

5

Donut Holes
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

6

Assorted Muffins
100% Fruit Juice
Asst. Dried Fruit
Choice of Milk

7

Mini Cinnis
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

10

School Closed
Inservice Day



11



12

Bagelful
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

13

Assorted Mini Loafs w/ Graham Crackers
100% Fruit Juice
Asst. Dried Fruit
Choice of Milk

14

Powdered Donut
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

17

Cereal Muffins
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

18

Ultra Bread
100% Fruit Juice
Asst. Dried Fruit
Choice of Milk

19

Nutri Grain Bars w/ Graham Crackers
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

20

Donut Sticks
100% Fruit Juice
Asst. Dried Fruit
Choice of Milk

21

Cereal Blast Waffles
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

24

School Closed
*Parent/Teacher Conferences 9-12 Async *

25

School Closed
*Parent/Teacher Conferences 9-12 Async *

26



27

FALL BREAK



GRAB YOURS TODAY

**GRAB & GO AVAILABLE
IN SMYRNA SIDE ENTRANCE
OF THE SCHOOL**

BREAKFAST IS

STILL FREE

MEAL PRICES

Student Breakfast: FREE
Student Extra Entrée: \$1.00
Adult Breakfast: \$3.50
Adult Breakfast Entrée Only: \$2.00

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**MENU
SUBJECT TO
CHANGE**



High School

NOVEMBER 2025 Lunch Menu

Health-e Pro 

MON

TUE

WED

THU

FRI

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3 Chipotle Chicken Sandwich or Cheesesteak Melt
Crinkle Cut Fries
Jalapeno Cilantro Cole Slaw
V- Blend Juice
Diced Peaches

10 School Closed
Inservice Day



17 Pizza Crunchers
Marinara Sauce
Crinkle Cut Fries
Seasoned Broccoli
Diced Peaches

24 School Closed
*Parent/Teacher Conferences 9-12 Async *

4 Walking Taco or Burrito Bowl
Cilantro Lime rice
Seasoned Black Beans
Fiesta Corn
Salsa Cup
Pineapple Cup

11
★★★★★
VETERANS DAY
November 11th

18 Cheeseburger or Bacon Cheeseburger
Emoji Fries
BBQ Baked Beans
Sliced Pears

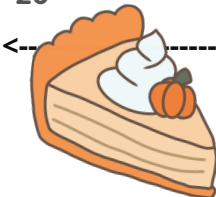
25 School Closed
*Parent/Teacher Conferences 9-12 Async *

5 Flatbread or French Bread Pizza
Vegetable Soup
Potato Wedges
Sidekick

12 Chicken Bites w/Cornbread
Sweet Potato Wedges
Seasoned Green Beans
Texas Ranchero Beans
Applesauce Cup

19 Chicken Sandwich
Potato Wedges
Buffalo Cauliflower
Frozen Froot Jooce Cup

26



WHOLE FRESH FRUIT OFFERED DAILY

6 Mandarin Orange Chicken w/ Rice & Egg Roll or Chicken & Vegetable Dumplings w/ Rice & Egg roll
Steamed Broccoli
Orange Glazed Carrots
Mandarin Orange Cup

13 Pizza Palooza
Homemade Pizza
Romaine Garden Side Salad
Tator Triangles
Hot Apple Slices

20 Holiday Meal
Roast Turkey
Stuffing
Dinner Roll
Mashed Potato & Gravy
Seasoned Green Beans
Sweet Potato Casserole
Cranberry Sauce
Fall Cheesecake Dessert
Apple Slices

FALL BREAK



7 Oven Baked Chicken w/ Biscuit
Mashed Potatoes w/ Gravy
Seasoned Green Beans
Cin. Applesauce Cup

14 Baked Ziti w/ Garlic Knot
Maple Brown Sugar Carrots
Steamed Spinach
Mixed Fruit Cup

21 Cheese Pizza Bagels
Crispy Fries
Seasoned Mix Vegetables
Hot Apple Slices

28



Additional Entrees Offered

Daily:

PB&J Sandwich
Assorted Wraps
Fruit Salad w/ Breadstick

Monday, Wednesday and Friday:
Chicken Caesar Salad w/ Breadstick
Hummus Platter
EAGLE LUNCHABLES
(Cheese/Pepperoni/BBQ Chicken Pizza)

Tuesday and Thursday:
Fruit Parfait w/ Breadstick
Turkey & Cheese Sub

MEAL PRICES

Student Lunch: \$1.50
Student Extra Entrée: \$2.00
Various Snacks: \$1.25+
Adult Lunch: \$5.25
Adult Lunch Entrée Only: \$3.50

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MENU SUBJECT TO CHANGE

CACFP NOVEMBER 2025

Health-e Pro

MON

TUE

WED

THU

FRI

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3
Graham Cracker
Cheese Cubes (2)
Applesauce Cup
Carroteenies
Milk and Water

4
Chocolate Chip
Muffin Top
Cheese Cubes
PNB Cup
Apple Slices
Carroteenies
Milk and Water

5
Cheez-Its
Sunflower Seeds
Cheese Stick
Applesauce Cup
V-Blend Juice
Milk and Water

6
Waffle Envy
Peanut Butter Cup
Cheese Cubes
Craisins
Carroteenies
Milk and Water

7
Ultra Bread
PNB Cup
Cheese Stick
Apple Slices
V-Blend Juice
Milk and Water

10
School Closed
Inservice Day



11
★ ★ ★ ★ ★
**VETERANS
DAY**
November 11th

12
Graham Cracker
Cheese Cubes (2)
Applesauce Cup
V-Blend Juice
Milk and Water

13
Ultra Bread
PNB Cup
Cheese Stick
Apple Slices
Carroteenies
Milk and Water

14
Cornbread Loaf
Cheese Stick (2)
Raisins
V-Blend Juice
Milk and Water

17
Muffin
Cheese Stick (2)
Craisins
V-Blend Juice
Milk and Water

18
Peanut Butter
& Jelly
Cheese Stick
Apple Slices
Carroteenies
Milk and Water

19
Waffle Envy
Peanut Butter Cup
Cheese Cubes
Raisins
Carroteenies
Milk and Water

20
Soft Pretzel
Cheese Dip
Cheese Stick
Craisins
Carroteenies
Milk and Water

21
Cheez-Its
Sunflower Seeds
Cheese Stick
Apple Sauce
V- Blend Juice
Milk and Water

24
School Closed
Inservice Day

25
School Closed
Inservice Day



27
FALL BREAK



ANNOUNCEMENTS

The Child and Adult Care Food Program (CACFP) is available to students for scheduled* after school activities.

Teachers/coaches must schedule CACFP snacks with the cafeteria manager before the day of the event

At Smyrna High School and Smyrna Middle School, CACFP is available to students daily after school at the Snack Shack.

This institution is an equal opportunity provider.

MEAL PRICES

CACFP is provided to students at no cost!



**MENU
SUBJECT TO
CHANGE**

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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotope, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#), found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **Mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410; or
1. **Fax:** (202) 690-7442; or
2. **Email:** program.intake@usda.gov.

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