


Middle School

November 2023 Breakfast Menu

Health-e Pro 

MON	TUE	WED	THU	FRI
Non-Fat Flavored AND 1% or Skim Milk Offered Daily		1 Chocolate Filled Crescent 100% Fruit Juice Fruit Choice of Milk	2 Breakfast Hot Pocket Breakfast Stuffer 100% Fruit Juice Fruit Choice of Milk	3 No School For Students
6 BagelFul 100% Fruit Juice Fruit Choice of Milk	7 Muffin Flat 100% Fruit Juice Fruit Choice of Milk	8 Donut Sticks 100% Fruit Juice Fruit Choice of Milk	9 Cinni Minis 100% Fruit Juice Fruit Choice of Milk	10 Veterans Day Observed
13 Fruit Strudel 100% Fruit Juice Fruit Choice of Milk	14 Cereal Bar (2 oz) 100% Fruit Juice Fruit Choice of Milk	15 Breakfast Sandwich Egg & Cheese on English Muffin 100% Fruit Juice Fruit Choice of Milk	16 Pull-Apart Donut 100% Fruit Juice Fruit Choice of Milk	17 Muffin 100% Fruit Juice Fruit Choice of Milk
20	21	22 Thanksgiving Break	23	24
27 Cereal Blast Waffle 100% Fruit Juice Fruit Choice of Milk	28 Cinnamon Roll 100% Fruit Juice Fruit Choice of Milk	29 Cereal 100% Fruit Juice Fruit Choice of Milk	30 Breakfast Bar 100% Fruit Juice 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.

Announcements

Breakfast meals are
Grab & Go!

Stop in the cafeteria to start
your day!

MENU
SUBJECT TO
CHANGE

Meal Prices

Student Breakfast: \$0.80
 Student Extra Entree: \$1.00
 Adult Breakfast: \$3.25
 Adult Breakfast Entree Only: \$1.75

*This institution is an equal
opportunity provider.*

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/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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Middle School

November 2023 Lunch Menu

MON	TUE	WED	THU	FRI
Non-Fat Flavored AND 1% or Skim Milk Offered Daily	WHOLE FRESH FRUIT OFFERED DAILY	1 Breakfast For Lunch Pancakes Chicken Sausage Hashbrown Honey Carrots 100% Fruit Juice	2 Cheesesteak or Pizza Crunchers w/ Marinara Cup Broccoli Spinach Side Salad w/ Dressing Frozen Fruit Cup	3 No School For Students
6 General Tso's Chicken w/ Fried Rice Seasoned Mixed Vegetables Seasoned Broccoli Applesauce Cup Fortune Cookie	7 Beefaroni w/ Breadstick Seasoned Vegetable Blend Seasoned Corn Sidekick	8 Grilled Cheese or BBQ Beef Ribbie Seasoned Green Beans Tomato Soup Apple Slices	9 Oven Baked Chicken w/ Mini Biscuit Cowboy Baked Beans Potato Wedges Peas & Carrots Diced Peaches	10 Veterans Day Observed
13 Stuffed Crust Pizza or French Bread Pizza Tator Tots Seasoned Green Beans Cool Tropic	14 Salisbury Steak w/ Biscuit or Breaded Beef Sticks w/ Biscuit BBQ Baked Beans Scalloped Potatoes Seasoned Broccoli Applesauce Cup Gravy	15 Gochujang Chicken Drumstick w/ Rice & Roll Seasoned Corn Seasoned Vegetable Blend Sidekick	16 Holiday Meal Turkey Roast w/ Roll Stuffing Mashed Potatoes w/ Gravy Seasoned Peas Apple Slices Cranberry Sauce Holiday Cookie Pudding Cup 	17 Breakfast For Lunch Waffle Chicken Tenders Hash browns Honey Carrots Hot Apple Slices
20 	21	22 Thanksgiving Break	23	24
27 Mandarin Orange Chicken w/ Fried Rice & Roll Seasoned Broccoli Seasoned Mixed Vegetables Mandarin Oranges	28 Taco Day Soft Taco w/ Fixings Fiesta Corn Texas Ranchero Baked Beans Pineapple Cup	29 Boneless Chicken Wings w/ Cornbread Macaroni & Cheese Seasoned Carrots Zucchini & Squash Medley Cinnamon Applesauce	30 Pizza Palooza Homemade Pizza Romaine Side Salad Seasoned Green beans Frozen Fruit Cup	

Additional Entrees Offered

Daily:

PB&J Sandwich w/ Goldfish & Cheese Stick

Monday, Wednesday and Friday:

Chicken Caesar Salad w/ Pretzel
Fruit Salad w/ Pretzel
Chicken Salad on a Croissant

Tuesday and Thursday:

Cobb salad w/ Pretzel
Fruit Parfait w/ Pretzel
Ham & Cheese Sandwich
Turkey & Cheese Sub

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Meal Prices

Student Lunch: \$1.50
Student Extra Entree: \$2.00
Various Snacks: \$1.25+
Adult Lunch: \$4.95
Adult Lunch Entree Only: \$3.00

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