


High School

November 2023 Breakfast Menu

MON	TUE	WED	THU	FRI
Non-Fat Flavored AND 1% or Skim Milk Offered Daily	WHOLE FRESH FRUIT OFFERED DAILY	1 Chocolate Filled Crescent 100% Fruit Juice Whole Fresh Fruit Choice of Milk	2 Stuffed Egg & Cheese Hashbrown 100% Fruit Juice Whole Fresh Fruit Choice of Milk	3 No School For Students
6 BagelFul 100% Fruit Juice Whole Fresh Fruit Choice of Milk	7 Breakfast Sandwich Pancake & Chicken Sausage Sandwich 100% Fruit Juice Whole Fresh Fruit Choice of Milk	8 Donut 100% Fruit Juice Whole Fresh Fruit Choice of Milk	9 Cinnamon Roll Casserole 100% Fruit Juice Whole Fresh Fruit Choice of Milk	10 Veterans Day Observed
13 Fruit Strudel 100% Fruit Juice Whole Fresh Fruit Choice of Milk	14 French Toast Sticks 100% Fruit Juice Whole Fresh Fruit Choice of Milk	15 Breakfast Sandwich Bagel or Croissant 100% Fruit Juice Whole Fresh Fruit Choice of Milk	16 Pull-Apart Donut 100% Fruit Juice Whole Fresh Fruit Choice of Milk	17 Muffin 100% Fruit Juice Whole Fresh Fruit Choice of Milk
20 	21	22 Thanksgiving Break	23	24
27 Cereal Blast Waffle 100% Fruit Juice Whole Fresh Fruit Choice of Milk	28 Cheesy Scrambled Eggs w/ English Muffin 100% Fruit Juice Whole Fresh Fruit Choice of Milk	29 Piggle Stick 100% Fruit Juice Whole Fresh Fruit Choice of Milk	30 Fruit Turnover 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.

Additional Entrees Offered

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

Monday and Friday
Munchable Cup

Wednesday
Apple Nachos

Tuesday and Thursday
Smoothie w/ Graham Cracker

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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High School

November 2023 Lunch Menu

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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 Hash browns Maple Carrots 100% Fruit Juice	2 Cheesesteak or Pizza Crunchers w/ Marinara Cup Peppers & Onions Crispy Fries Seasoned Broccoli 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 Baked Ziti w/ Breadstick Seasoned Vegetable Blend Seasoned Corn Cool Tropic	8 Grilled Cheese or BBQ Beef Ribbie Onion Rings Seasoned Green Beans Tomato Soup Apple Slices	9 Oven Baked Chicken w/ Biscuit Potato Wedges Cowboy Baked Beans Peas & Carrots Diced Peaches	10 Veterans Day Observed
13 Stuffed Crust Pizza w/ Garlic Knot or French Bread Pizza w/ Garlic Knot Sweet Potato Fries Seasoned Green Beans Cool Tropic	14 Salisbury Steak w/ Biscuit or Pulled Pork Sandwich 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 Sweet Potatoes Mashed Potatoes w/ Gravy Seasoned Peas Apple Slices Cranberry Sauce Holiday Cookie Pudding Cup 	17 Breakfast For Lunch Dutch Waffle Chicken Tenders Tator Tots Honey Carrots Hot apples
20 	21	22 Thanksgiving Break	23	24 MENU SUBJECT TO CHANGE
27 Mandarin Orange Chicken w/ Fried Rice & Roll Seasoned Broccoli Seasoned Mixed Vegetables Mandarin Oranges	28 Walking Doritos Taco w/ Toppings 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 w/ Breadstick Romaine Side Salad Seasoned Green Beans Frozen Fruit Cup Cookie	

Additional Entrees Offered

Daily:
PB&J Sandwich
Assorted Wraps
Hummus Platter

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

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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