


# Kindergarten-6th Grade

## 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 Southern Sausage Sandwich 100% Fruit Juice Whole Fresh Fruit Choice of Milk	8 Donut 100% Fruit Juice Whole Fresh Fruit Choice of Milk	9 Cinni Minis 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 Pancakes 100% Fruit Juice Whole Fresh Fruit Choice of Milk	15 Breakfast Sandwich 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 MENU SUBJECT TO CHANGE
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	

### Additional Entrees Offered

#### Daily

1 Ounce Cereal w/ Graham Cracker  
NutriGrain Bar w/ Graham Cracker  
1 Pack PopTart w/ Graham Cracker  
Yogurt w/ Graham Cracker

#### Monday and Friday Munchable Cup

#### Wednesday Apple Nachos

#### Tuesday and Thursday Smoothie w/ Graham Cracker

### 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.*

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.

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

**This institution is an equal opportunity provider.**

# Kindergarten-6th

## 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 Tator Tots Maple 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 Chicken Poppers w/ Roll or Buffalo Chicken Poppers w/ Roll Mixed Vegetables Crispy Fries Applesauce Cup	7 Beefaroni w/ Breadstick Seasoned Vegetable Blend Steamed Broccoli Sidekick	8 Grilled Cheese or BBQ Beef Ribbie Green Beans Tomato Soup Apple Slices	9 Oven Baked Chicken w/ Biscuit Cowboy Baked Beans Succotash Diced Peaches	10 Veterans Day Observed
13 Stuffed Crust Pizza or French Bread Pizza Baby Carrots w/ Dip Steamed Broccoli Cool Tropic	14 Salisbury Steak w/ Biscuit or Breaded Beef Sticks w/ Biscuit BBQ Baked Beans Green Beans Applesauce Cup	15 Chicken Nuggets w/ Roll Emoji Fries Mixed Vegetables Frozen Fruit Cup	16 Holiday Meal Turkey Roast w/ Roll Stuffing Mashed Potatoes w/ Gravy Steamed Peas Apple Slices Cranberry Sauce Holiday Cookie 	17 Breakfast For Lunch Mini Waffle Chicken Sausage Hash Browns Honey Carrots Hot Apples
20 	21	22 Thanksgiving Break	23	24
27 Mandarin Orange Chicken w/ Rice & Roll Steamed Broccoli Mixed Vegetables Mandarin Oranges	28 Taco Day Soft Taco w/ Fixings Fiesta Corn Texas Ranchero Baked Beans Pineapple Cup	29 Chicken Tenders w/ Cookie Cheesy Mashed Potatoes Steamed Carrots Cinnamon Applesauce	30 Pizza Palooza Homemade Pizza Romaine Side Salad Green beans Frozen Fruit Cup	

### Additional Entrees Offered

#### Daily:

PB&J Sandwich w/ Goldfish & Cheese Stick  
Cheese Sandwich

#### Monday, Wednesday and Friday:

Chicken Caesar Salad w/ Pretzel  
Fruit Salad w/ Pretzel  
Eagle Lunchable

#### Tuesday and Thursday:

Turkey & Cheese Sandwich  
Fruit Parfait w/ Pretzel

MENU  
SUBJECT TO  
CHANGE

### Meal Prices

Student Lunch: \$1.25

Student Extra Entree: \$2.00

Various Snacks: \$1.25+

Adult Lunch: \$4.95

Adult Lunch Entree Only: \$3.00

*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.

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

**This institution is an equal opportunity provider.**