

Middle School

September 2023 Breakfast Menu

Health-e Pro 

MON	TUE	WED	THU	FRI
<p>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.</p>				
4 Labor Day	5 Assorted Crumb Cake 100% Fruit Juice Fruit Choice of Milk	6 Chocolate Filled Crescent 100% Fruit Juice Fruit Choice of Milk	7 Breakfast Sandwich Pancake & Beef Sausage Sandwich 100% Fruit Juice Fruit Choice of Milk	1 Non-Fat Flavored AND 1% or Skim Milk Offered Daily
11 BagelFul 100% Fruit Juice Fruit Choice of Milk	12 Muffin Flat 100% Fruit Juice Fruit Choice of Milk	13 Donut Sticks 100% Fruit Juice Fruit Choice of Milk	14 Cinni Minis 100% Fruit Juice Fruit Choice of Milk	8 Ultra Bread 100% Fruit Juice Fruit Choice of Milk
18 Fruit Strudel 100% Fruit Juice Fruit Choice of Milk	19 Cereal Bar 100% Fruit Juice Fruit Choice of Milk	20 Breakfast Sandwich Egg & Cheese on English Muffin 100% Fruit Juice Fruit Choice of Milk	21 Pull-Apart Donut 100% Fruit Juice Fruit Choice of Milk	15 PopTart w/ Graham Cracker 100% Fruit Juice Fruit Choice of Milk
25 Cereal Blast Waffle 100% Fruit Juice Fruit Choice of Milk	26 Cinnamon Roll 100% Fruit Juice Fruit Choice of Milk	27 Cereal 100% Fruit Juice Fruit Choice of Milk	28 Breakfast Bar 100% Fruit Juice Fruit Choice of Milk	22 No School For Students
				29 Apple Bites 100% Fruit Juice Fruit Choice of Milk

Announcements

Breakfast meals are
Grab & Go!

Stop in the cafeteria to start
your day!

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.*



**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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September 2023 Lunch Menu

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4
Labor Day

5
Chicken Patty or Sloppy Joe
Waffle Fries
Seasoned Green Beans
Apple Slices

6
Breakfast For Lunch
Pancakes
Chicken Sausage
Tator Tots
Maple Carrots
100% Fruit Juice

7
WHOLE FRESH FRUIT OFFERED DAILY
BBQ Chicken Flatbread or Corn Dog
Seasoned Corn
Vegetarian Baked Beans
Diced Pears

1
Non-Fat Flavored AND 1% or Skim Milk Offered Daily

8
Cheesesteak or Pizza Crunchers w/ Marinara Cup
Fresh Vegetable Cup w/ Dip
Pizza Green Beans
Cool Tropic

11
General Tso's Chicken w/ Fried Rice
Seasoned Mixed Vegetables
Seasoned Broccoli
Pineapple Cup
Fortune Cookie

12
Beefaroni w/ Breadstick or Seasoned Vegetable Blend
Seasoned Corn
Sidekick

13
Grilled Cheese or BBQ Beef Ribbie
Seasoned Green Beans
Tomato Soup
Diced Peaches

14
Oven Baked Chicken w/ Mini Biscuit
Mashed Potatoes
Gravy
Peas
Applesauce Cup

15
Turkey Barbacoa on a Pretzel Bun or Bacon Cheeseburger on a Pretzel Bun
Carrot & Celery Sticks
Cowboy Beans
Frozen Fruit Cup

18
Stuffed Crust Pizza or French Bread Pizza
Tator Tots
Seasoned Green Beans
SideKick

19
Salisbury Steak w/ Biscuit or Breaded Beef Sticks w/ Biscuit
Scalloped Potatoes
Seasoned Broccoli
Apple Slices

20
Gochujang Chicken Drumstick w/ Rice & Roll
Seasoned Corn
Honey Sriracha Carrots
Seasoned Vegetable Blend
Fresh Orange Slices

21
Hot Ham & Cheese or Cheeseburger
BBQ Baked Beans
Potato Wedges
Mixed Fruit Cup

22
No School For Students

25
Mandarin Orange Chicken w/ Fried Rice & Roll
Seasoned Broccoli
Seasoned Mixed Vegetables
Mandarin Oranges

26
Taco Day
Soft Taco w/ Fixings
Fiesta Corn
Texas Ranchero
Baked Beans
Pineapple Cup

27
Boneless Chicken Wings w/ Cornbread
Macaroni & Cheese
Seasoned Carrots
Zucchini & Squash Medley
Cinnamon Applesauce

28
Pizza Palooza
Homemade Pizza
Romaine Side Salad
Seasoned Green beans
Frozen Fruit Cup

29
Meatball Sub or Fish Sandwich
Seasoned Succotash
Sweet Potato Fries
Diced Peaches

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

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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