

# Middle School September 2023 Breakfast Menu



**MON**      **TUE**      **WED**      **THU**      **FRI**

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.

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

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

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

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# Middle School September 2023 Lunch Menu



MON      TUE      WED      THU      FRI

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4 <b>Labor Day</b>	5 <b>Chicken Patty or Sloppy Joe</b> Waffle Fries Seasoned Green Beans Apple Slices	6 <b>Breakfast For Lunch</b> <b>Pancakes</b> <b>Chicken Sausage</b> Tator Tots Maple Carrots 100% Fruit Juice	7 <b>WHOLE FRESH FRUIT OFFERED DAILY</b> <b>BBQ Chicken Flatbread or Corn Dog</b> Seasoned Corn Vegetarian Baked Beans Diced Pears	1 <b>Non-Fat Flavored AND 1% or Skim Milk Offered Daily</b>
11 <b>General Tso's Chicken w/ Fried Rice</b> Seasoned Mixed Vegetables Seasoned Broccoli Pineapple Cup Fortune Cookie	12 <b>Beefaroni w/ Breadstick</b> Seasoned Vegetable Blend Seasoned Corn Sidekick	13 <b>Grilled Cheese or BBQ Beef Ribbie</b> Seasoned Green Beans Tomato Soup Diced Peaches	14 <b>Oven Baked Chicken w/ Mini Biscuit</b> Mashed Potatoes Gravy Peas Applesauce Cup	8 <b>Cheesesteak or Pizza Crunchers w/ Marinara Cup</b> Fresh Vegetable Cup w/ Dip Pizza Green Beans Cool Tropic
18 <b>Stuffed Crust Pizza or French Bread Pizza</b> Tator Tots Seasoned Green Beans SideKick	19 <b>Salisbury Steak w/ Biscuit or Breaded Beef Sticks w/ Biscuit</b> Scalloped Potatoes Seasoned Broccoli Apple Slices	20 <b>Gochujang Chicken Drumstick w/ Rice &amp; Roll</b> Seasoned Corn Honey Sriracha Carrots Seasoned Vegetable Blend Fresh Orange Slices	21 <b>Hot Ham &amp; Cheese or Cheeseburger</b> BBQ Baked Beans Potato Wedges Mixed Fruit Cup	15 <b>Turkey Barbacoa on a Pretzel Bun or Bacon Cheeseburger on a Pretzel Bun</b> Carrot & Celery Sticks Cowboy Beans Frozen Fruit Cup
25 <b>Mandarin Orange Chicken w/ Fried Rice &amp; Roll</b> Seasoned Broccoli Seasoned Mixed Vegetables Mandarin Oranges	26 <b>Taco Day</b> <b>Soft Taco w/ Fixings</b> Fiesta Corn Texas Ranchero Baked Beans Pineapple Cup	27 <b>Boneless Chicken Wings w/ Cornbread</b> Macaroni & Cheese Seasoned Carrots Zucchini & Squash Medley Cinnamon Applesauce	28 <b>Pizza Palooza</b> <b>Homemade Pizza</b> Romaine Side Salad Seasoned Green beans Frozen Fruit Cup	22 <b>No School For Students</b>

### 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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