

High 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 Southern Sausage Sandwich Tator Tots 100% Fruit Juice Whole Fresh Fruit Choice of Milk	6 Chocolate Filled Crescent 100% Fruit Juice Whole Fresh Fruit Choice of Milk	7 Stuffed Egg & Cheese Hashbrown 100% Fruit Juice Whole Fresh Fruit Choice of Milk	8 Ultra Bread 100% Fruit Juice Whole Fresh Fruit Choice of Milk
11 BagelFul 100% Fruit Juice Whole Fresh Fruit Choice of Milk	12 Breakfast Sandwich Pancake & Chicken Sausage Sandwich 100% Fruit Juice Whole Fresh Fruit Choice of Milk	13 Donut 100% Fruit Juice Whole Fresh Fruit Choice of Milk	14 Cinni Minis 100% Fruit Juice Whole Fresh Fruit Choice of Milk	15 Dutch Waffle 100% Fruit Juice Whole Fresh Fruit Choice of Milk
18 Strawboli 100% Fruit Juice Whole Fresh Fruit Choice of Milk	19 French Toast Sticks 100% Fruit Juice Whole Fresh Fruit Choice of Milk	20 Breakfast Sandwich Bagel or Croissant 100% Fruit Juice Whole Fresh Fruit Choice of Milk	21 Pull-Apart Donut 100% Fruit Juice Whole Fresh Fruit Choice of Milk	22 No School For Students
25 Cereal Blast Waffle 100% Fruit Juice Whole Fresh Fruit Choice of Milk	26 Cheesy Scrambled Eggs w/ English Muffin 100% Fruit Juice Whole Fresh Fruit Choice of Milk	27 PiggleStick 100% Fruit Juice Whole Fresh Fruit Choice of Milk	28 Fruit Turnover 100% Fruit Juice Whole Fresh Fruit Choice of Milk	29 Apple Bites 100% Fruit Juice Whole Fresh Fruit Choice of Milk

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

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
Chocolate Chip Cookie

6
Breakfast For Lunch
Pancakes
Chicken Sausage
Hash browns
Maple Carrots
100% Fruit Juice

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

8
Non-Fat Flavored AND 1% or Skim Milk Offered Daily
Cheesesteak or Pizza Crunchers w/ Marinara Cup
Seasoned Fries
Fresh Vegetable Cup
Cool Tropic

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

12
Baked Ziti w/ Breadstick
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/ Biscuit
Mashed Potatoes
Gravy
Peas
Mixed Fruit 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 w/ Garlic Knot or French Bread Pizza w/ Garlic Knot
Sweet Potato Fries
Seasoned Green Beans
SideKick

19
Breakfast For Lunch
Dutch Waffle Chicken Tenders
Tator Tots
Honey Carrots
Apple Slices

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

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

22
No School For Students

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

26
Walking Taco w/ Toppings
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 w/ Breadstick
Romaine Side Salad
Seasoned Green Beans
Frozen Fruit Cup

29
Meatball Sub or Fish Sandwich
Seasoned Succotash
Crispy Fries
w/ Cheese Sauce
Diced Peaches

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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