

Kindergarten-6th Grade September 2023 Breakfast Menu

Health-e Pro 

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
Labor Day

5
French Toast Sticks
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
Southern 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
Pancakes
100% Fruit Juice
Whole Fresh Fruit
Choice of Milk

20
Breakfast Sandwich
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
Piggle Stick
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

WHOLE FRESH FRUIT OFFERED DAILY

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

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.



**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, audiotope, 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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Kindergarten - 6th Grade

September 2023 Lunch Menu

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4
Labor Day

5
Chicken Patty or Sloppy Joe
Emoji Fries
Green Beans
Apple Slices

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

7
Whole Fresh Fruit Offered Daily
Cheese Quesadilla w/ Salsa Cup or Corn Dog
Steamed 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
Pizza Green Beans
Fresh Vegetable Cup
Cool Tropic

11
Chicken Poppers w/ Roll or Buffalo Chicken Poppers w/ Roll
Mixed Vegetables
Seasoned Fries
Applesauce Cup

12
Beefaroni w/ Breadstick
Seasoned Vegetable Blend
Steamed Broccoli
Sidekick

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

14
Oven Baked Chicken w/ Biscuit
Mashed Potatoes w/Gravy
Peas
Mixed Fruit Cup

15
Turkey & Cheese on a Pretzel Bun or Beef Hotdog
Carrot & Celery Sticks
Cowboy Beans
Frozen Fruit Cup

18
Stuffed Crust Pizza or French Bread Pizza
Tator Tots
Steamed Broccoli
Sidekick

19
Salisbury Steak w/ Biscuit or Breaded Beef Sticks w/ Biscuit
Scalloped Potatoes
Mixed Vegetables
Apple Slices

20
Chicken Nuggets w/ Roll
Emoji Fries
Cucumber Cup w/ Dip
Fresh Orange Slices

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

22
No School For Students

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

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

27
Chicken Tenders w/ Chocolate Chip Cookie
Cheesy Mashed Potatoes
Steamed Carrots
Cinnamon Applesauce

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

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

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

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

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