

November 2024

Smoky Mountain High School



Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Throughout much of history, November has often been thought of as a somber month because it signaled the start of winter. People would spend the month storing up their harvest and preparing their food and homes in order to survive the winter.

1) Pancakes w/ syrup
Applesauce

Sweet & Sour Meatballs
w/ Rice
Stir Fry Broccoli
Egg Roll
Mandarin Oranges

Sausage Biscuit
Mandarin Oranges

Chicken Nachos
Cheese Sauce, Salsa,
Sour Cream
Seasoned Pinto Beans
Pineapple Tidbits

Breakfast Pizza
Pineapple Tidbits

Grilled Ham & Cheese
Cucumber Coins w/ dip
Potato Wedges
Pudding
Banana

Scrambled Eggs, Sausage
Biscuit, Banana
Chili
Oven Baked Fries
w/ or w/out cheese sauce
Garden Salad w/ dressing
Breadstick
Orange Slices

Super Donut
Orange Slices

French Bread Pizza
Marinara Sauce
Whole Kernel Corn
Tomato & Cucumber Salad
Mixed Fruit

No School

2) Waffles w/ syrup
Diced Pears
Crispy Chicken Tender Wrap
Lettuce, Tomato
Ranch Dressing
Pickle Spear
Smile Fries
Mandarin Oranges

Chicken Biscuit
Mandarin Oranges
Hamburger
w/ or w/out cheese
Lettuce, Tomato, Pickles
Cucumber Coins w/ dip
Sweet Potato Fries
Peach Cup

Cinnamon Roll
Peach Cup

Breaded Pork Chop
Seasoned Collard Greens
Seasoned Pinto Beans
Corn Bread
Spiced Apples

Biscuit & Gravy
Spiced Apples
Chicken Quesadilla
w/ or w/out queso
Salsa, Sour Cream
Seasoned Black Beans
Garden Salad w/ dressing
Pineapple Tidbits

3) Sweet Bread Slice
Diced Pears

Mini Corn Dogs
Smile Fries
Glazed Carrots
Mixed Fruit

Sausage Biscuit
Mixed Fruit
Popcorn Chicken
Mashed Potatoes w/ gravy
Steamed Broccoli
w/ cheese sauce
Southern Style Biscuit
Banana

French Toast Sticks w/ syrup
Banana

Pizza
Whole Kernel Corn
Carrot Snack Pack w/ dip
Strawberry Cup

Muffin
Strawberry Cup
Oven Roasted Turkey
Mashed Potatoes & Gravy
Seasoned Green Beans
Dressing
Roll
Spiced Apples
Cranberry Sauce

Super Donut
Spiced Apples

Manager's Choice Day

4) Breakfast Pizza
Diced Pears
Breakfast for Lunch
Eggs
Sausage Patty
Tater Tots
Grapes Tomatoes w/ dip
Biscuit & Gravy
Apple Sauce

Cherry Frudel
Apple Sauce

Manager's Choice Day

No School

No School

No School

Breakfast Meal Components:
Entrée, Grain/Bread, Fruit,
Juice,
& Milk

Additional Weekly Breakfast Options (Rotated):
Fruit & Yogurt Parfaits
Peanut Butter Cup & Graham Crackers
Bagel & Cream Cheese
Boiled Egg & Cheese Stick & Cinnamon Bread

Lunch:
Entrée, Grain/Bread, Vegetable,
Fruit, Milk

Additional Daily Lunch Options:
PB&J, Chef Salad, Pizza Bistro
Box & Yogurt Plate

USDA Regulations:

**Students must take 1/2 cup fruit or 1/2 cup vegetable with breakfast & lunch

ITEMS IN RED ARE NC FARM TO SCHOOL (F2S)

This program, coordinated by the North Carolina Department of Agriculture and Consumer Services (NCDA&CS), offers seasonal produce for schools to purchase.

Menus are subject to change according to product availability & weather.

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