

January 2025

Smoky Mountain High School

Monday

Tuesday

Wednesday

Thursday

Friday

Did you know?

Saxons called January the "Wolf Month" because hungry wolves would come into their towns searching for food this time of year.

1) Pancakes w/ syrup
Applesauce

Popcorn Chicken
Seasoned Potatoes
Seasoned Peas
Southern Style Biscuit
Peach Cup

2) Waffles w/ syrup
Diced Peaches
Breakfast for Lunch
Eggs
Sausage Patty
Tater Tots
Grapes Tomatoes w/ dip
Biscuit & Gravy
Applesauce

No School

French Toast Sticks
w/ syrup, Applesauce

Mini Corn Dogs
Smile Fries
Glazed Carrots
Mixed Fruit

Sausage Biscuit
Peach Cup
Chicken Nachos
Cheese Sauce, Salsa,
Sautéed Peppers & Onions
Sour Cream
Seasoned Pinto Beans
Pineapple Tidbits

Chicken Biscuit
Applesauce

Breaded Pork Chop
Seasoned Peas
Sweet Potato Casserole
Southern Style Biscuit
Mixed Berries

Sweet Bread Slice
Applesauce

Chicken Tenders
Waffles w/syrup
Seasoned Green Beans
Sweet Potato Waffle Fries
Sliced Peaches

Breakfast Pizza
Mixed Fruit

Chicken Alfredo
Roasted Broccoli
Garlic Bread
Strawberries & Blueberries
w/ whip topping

No School

Cinnamon Roll
Pineapple Tidbits
Hamburger
w/ or w/out cheese
Lettuce, Tomato, Pickles
Oven Baked Fries
Strawberries
w/ whip topping

Cinnamon Roll
Mixed Berries

Crispy Chicken Sliders
Lettuce, Tomatoes
Pickle Spear
Smile Fries
Mandarin Oranges

Breakfast Pizza
Sliced Peaches

Salisbury Steak
Mashed Potatoes w/gravy
Steamed Peas
Southern Style Biscuit
Strawberry Cup

Chicken Biscuit, Strawberries
& Blueberries
Grilled Ham & Cheese Sandwich
Grape Tomatoes w/ dip
Oven Baked Fries
Caesar salad w/ dressing
Banana
Pudding

No School

Egg Patty, Sausage Patty
Biscuit, Strawberries

Grilled Ham & Cheese Sandwich
Sweet Potato Fries
Carrot Coins w/ dip
Garden Salad w/ dressing
Orange Slices

French Toast Sticks w/
syrup, Mandarin Oranges

Oven Baked Turkey
Mashed Potatoes w/ gravy
Seasoned Green Beans
Stuffing
Spiced Apples

Egg Patty, Sausage Patty
Biscuit, Strawberry Cup
Chili w/ beans
Garden Salad w/ dressing
Oven Baked Fries
Steamed Broccoli
w/cheese sauce
Breadstick
Diced Pears

Eggs, Sausage Patty,
Biscuit & Banana
Chicken Fajita
Salsa, Shredded Cheese,
Sour Cream
Sautéed Onions & Peppers
Seasoned Black Beans
Orange Slices

No School

Super Donut
Cereal (Pre-K)
Orange Slices
French Bread Pizza
Marinara Sauce
Whole Kernel Corn
Tomato & Cucumber Salad
Diced Peaches

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

Piggletstick w/ syrup
Diced Pears

Cheese Dippers
w/ marinara sauce
Cucumber Coins w/ dip
Whole Kernel Corn
Sliced Peaches

Biscuit & Gravy
Orange Slices

Pizza
Whole Kernel Corn
California Mixed Vegetables
Diced Pears
Cookie

Breakfast:

Entrée, Grain/Bread, Fruit,
Juice,
& Milk
Additional Daily Breakfast
Options:
Fruit, Yogurt & Granola Parfaits
Oatmeal and
Breakfast Bistro Boxes:
Week 1:
Peanut Butter Cup -1oz.
Graham Crackers
Apple Slices
Week 2:
Bagel, Cream Cheese Cup,
Crainsins
Week 3:
Boiled Egg, Cheese Stick,
Cinnamon Toast, Orange Slices

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

Additional Daily Lunch Options:
PBJ, Chef Salad, Pizza Kit &
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.

"USDA is an equal opportunity
provider and employer"