

February 2025

Smoky Mountain High School

Monday

1) Pancakes w/ syrup
Applesauce

3

Popcorn Chicken
Seasoned Potatoes
Seasoned Peas
Southern Style Biscuit
Sliced Pears

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

10

No School

17

French Toast Sticks
w/ syrup, Applesauce

24

Mini Corn Dogs
Smile Fries
Glazed Carrots
Mixed Fruit

Tuesday

Egg Patty, Sausage Patty
Biscuit, Sliced Pears

4

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

Egg & Cheese Bagel
Applesauce

11

Baked Ham
Seasoned Peas
Sweet Potato Casserole
Southern Style Biscuit
Mixed Berries

3) Egg & Cheese Croissant
Pear Slices

18

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

Eggs, Sausage Patty,
Biscuit, Mixed Fruit

25

Chicken Alfredo
Roasted Broccoli
Garlic Bread
Berry Medley
w/ whip topping

Wednesday

Cinnamon Roll
Pineapple Tidbits

5

Hamburger
w/ or w/out cheese
Lettuce, Tomato, Pickles
Oven Baked Fries
Berry Medley w/ whip topping

Chicken Biscuit
Mixed Berries

12

Chicken Sandwich
Lettuce, Tomato, Pickles
Caesar Salad w/ dressing
Smile Fries
Mandarin Oranges

Breakfast Pizza
Sliced Peaches

19

Salisbury Steak
Mashed Potatoes w/gravy
Steamed Peas
Southern Style Biscuit
Blueberry Crisp

Chicken Biscuit,
Berry Medley
Grilled Ham & Cheese
Sandwich
Oven Baked Fries
Caesar salad w/ dressing
Banana
Pudding

26

Thursday

Sweet Bread Slice
Berry Medley
Grilled Ham & Cheese
Sandwich
Carrot Coins w/ dip
Oven Baked Fries
Garden Salad w/ dressing
Orange Slices

6

French Toast Sticks w/ syrup
Mandarin Oranges

13

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

Egg Patty, Sausage Patty
Biscuit, Blueberries

20

Manager's Choice Day

Breakfast Pizza
Banana
Chicken Fajita
Salsa, Shredded Cheese,
Sour Cream
Sautéed Onions & Peppers
Seasoned Black Beans
Orange Slices

27

Friday

Sausage Biscuit
Orange Slices

7

French Bread Pizza
Marinara Sauce
Whole Kernel Corn
Tomato & Cucumber Salad
Peach Crisp

Biscuit & Gravy
Spiced Apples
Carnita
w/ or w/out queso
Salsa, Sour Cream
Whole Kernel Corn
Seasoned Black Beans
Pineapple Tidbits

14

Pigglestick w/ syrup
Diced Pears

21

Cheese Dippers
w/ marinara sauce
Caesar Salad w/ dressing
Whole Kernel Corn
Sliced Peaches

Biscuit & Gravy
Orange Slices

28

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,
Craisins
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

Menus are subject to change
according to product availability &
weather.
"USDA is an equal opportunity
provider and employer"

Did you know?

February 12th is Abraham Lincoln's birthday. The 16th president of the United States was born in a one-room, 16x18-foot, log cabin with a dirt floor.