

March 2025

Smoky Mountain High School

Monday

1) Pancakes w/ syrup
Applesauce

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
Salsa
Croissant
Applesauce

3) Pancakes w/ syrup
Blueberries

Manager's Choice

1) French Toast Sticks
w/ syrup, Applesauce

Mini Corn Dogs
Smile Fries
Glazed Carrots
Mixed Fruit

2) Waffles w/ syrup,
Diced Pears
Frito Pie
Lettuce, Tomato, Onion,
Salsa, Cheese
Rice
Seasoned Black Beans
Orange Slices

Tuesday

Egg Patty, Sausage Patty,
Biscuit, Sliced Pears

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

Egg & Cheese Bagel
Applesauce

Sliced Ham
Seasoned Peas
Macaroni and Cheese
Southern Style Biscuit
Mixed Berries

Egg & Cheese Croissant
Pear Slices

Chicken Sliders
Seasoned Green Beans
Sweet Potato Waffle Fries
Sliced Peaches

Eggs, Sausage Patty,
Biscuit, Mixed Fruit

Chicken Parmesan
OR Chicken Gyro
Roasted Broccoli
Garlic Bread
Sliced Pears w/ blueberries

Wednesday

Cinnamon Roll
Pineapple Tidbits

Bacon Cheeseburger
w/ or w/out cheese
Lettuce, Tomato, Pickles
Oven Baked Fries
Fruit Medley

Chicken Biscuit
Mixed Berries
Chicken Sandwich
OR Spicy Chicken Sandwich
Lettuce, Tomato, Pickles
Ceasar Salad w/ dressing
Smile Fries
Mandarin Oranges

Breakfast Pizza
Sliced Peaches

Ham Stir Fry
Fried Rice
Roasted Parmesan Broccoli
Breadstick
Apple Crisp

Chicken Biscuit,
Berry Medley

Manager's Choice

Thursday

Sweet Bread Slice
Berry Medley

Hot Ham & Cheese Sandwich
OR Chicken Philly Sub
Caesar Salad
Carrot Coins w/ dip
Orange Slices

No School

Sausage Biscuit
Strawberry Cup

Taco Bar
Lettuce, Tomato, Onion
Jalapenos, Cheese
Seasoned Pinto Beans
Orange Slices

Breakfast Pizza
Banana
Burrito Bowl
Lettuce, Tomato, Salsa,
Shredded Cheese,
Jalapenos, & Sour Cream
Roasted Potatoes
Mandarin Oranges

Friday

Sausage Biscuit
Orange Slices

Hawaiian Pizza
Whole Kernel Corn
Garden Salad w/ dressing
Mixed Fruit

No School

Pigglegstick w/ syrup
Spiced Apples

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

Biscuit & Gravy
Orange Slices

Pizza
Whole Kernel Corn
California Mixed Vegetables
Diced Peas
Cookie

Breakfast:

Entrée, Grain/Bread, Fruit,
& 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?

Alexander Graham Bell made the first ever phone call on 10 March 1876. He called his assistant and said "Mr Watson, come here. I want to see you."



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