

Cape
Henlopen
Middle Schools

Beacon

Menus for April 2010

*This institution is an equal opportunity
provider and employer.*

Thursday, April 1

Breakfast

Waffle Sticks
or Yogurt

Lunch

Hot Dog on Bun

Choice of Two

Baked Beans, Cole Slaw
Sauerkraut

Pineapple Chunks, Juice

Soup of the Day: Vegetable Beef

**Bonus: Spring Surprise!*

Friday April 2

Spring Break Begins

No
School
Today



GET IT IN YOU.

OK, this is big. Really big. So listen up. Fiber is found naturally in whole grains, fruits, and vegetables and is added to many other foods. It's good for you. Really good. SO EAT MORE FIBER.

FIBER

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

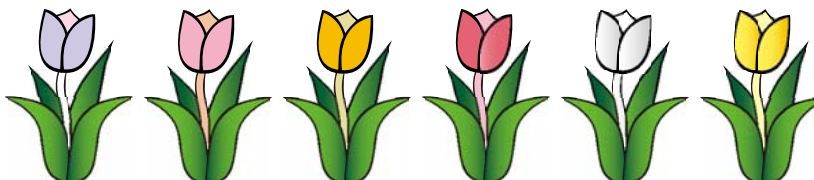


April 2010 is Global Child Nutrition Month.

Hunger affects children around the globe and here in the U.S. You can help. To learn more visit

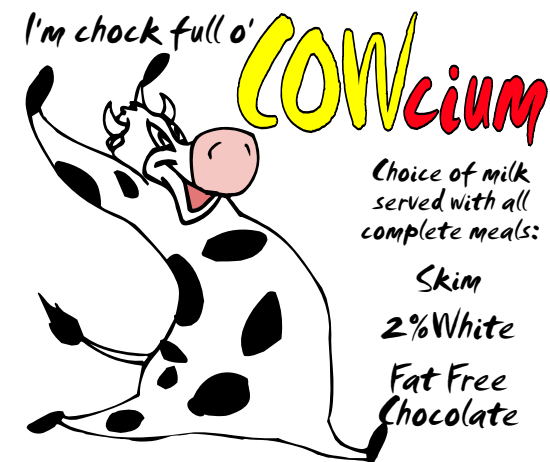
www.gcnf.org

SPRING BREAK



**Break begins at the end of classes:
Thursday, April 1**

**Classes resume:
Monday, April 12**



Choice of milk
served with all
complete meals:

Skim
2% White
Fat Free
Chocolate

Monday, April 12

First Home Game for the Phillies!

Breakfast

Assorted Cereal
or Yogurt

Lunch

Pizza Dipper
w/wo Marinara Sauce

Choice of Two

Steamed Broccoli
Fruit Mix, Fruit Juice

Soup of the Day:

Chicken Rice

Bonus: All Star Snack!

Tuesday, April 13

Breakfast

Sausage Pancake on Stick
or Yogurt

Lunch

Salisbury Steak
~ Warm Roll
Cheeseburger on Bun

Choice of Two

Whipped Potatoes ~ Gravy

Peas & Carrots

Fresh Fruit, Juice

Soup of the Day: Cr. Of Broccoli

Wed., April 14

Breakfast

Whole Grain Cinnamon Bun
or Yogurt

Lunch

Rigatoni w/wo Meat
or Marinara Sauce
~ Garlic Toast

Choice of Two

Green Beans

Apple Crisp, Fruit Juice

Soup of the Day:

Manhattan Clam

Thursday, April 15

Breakfast

Bagel w/wo Cream Cheese
or Yogurt

Lunch

Chicken Nuggets
~ Warm Roll

Choice of Two

Macaroni Salad

Fresh Veggies w/Dip

Pineapple Chunks, Juice

Soup of the Day:

Chicken-n-Dumplings

Friday, April 16

Breakfast

Sausage & Egg Biscuit
or Yogurt

Lunch

Nachos w/Ground Beef
~ Cheese

Choice of Two

Corn

Fruit Variety, Juice

Soup of the Day:

Chef's Choice



**Breakfast: Graham Crackers, Toast, Fruit,
& Fruit Juice**

Lunch: Chef's Salad ~ Crackers

Yogurt ~ Crackers

Peanut Butter & Jelly Sandwich

Tuna Sandwich

Ham & Cheese Sandwich

Tuna, Turkey, and Ham & Cheese Subs

(Includes Two Sides + Milk!)