



MENUS FOR FEBRUARY 2010
Cape Henlopen Beacon Middle School
This institution is an equal opportunity provider and employer.

SWEET DEAL.

The added sugar in soda delivers calories without nutrition -- and without satisfying your hunger. The natural sugar in fruit satisfies your sweet tooth with fewer calories, while providing fiber, nutrients, and vitamins, too!



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

Available Daily

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

Lunch: *Chef's Salad ~ Crackers Yogurt ~ Crackers*

*Peanut Butter & Jelly Sandwich
 Tuna Sandwich, Ham & Cheese Sandwich
 Turkey, Ham, or Tuna Subs
 (Includes Two Sides + Milk!)*

Monday, Feb. 1

Breakfast
Hot Oatmeal or Yogurt

Lunch
Pizza Choice

Choice of Two
Green Beans
Frozen Sherbet Cup
Fresh Fruit, Fruit Juice
Soup of the Day: CK Noodle

Tuesday, Feb. 2

Breakfast
Breakfast Pizza or Yogurt

Lunch
Chicken Patty on Bun
Chicken Parmesan

Choice of Two
Tater Tots
Lettuce & Tomato, Winter Blend
Pears, Fruit Juice
Soup of the Day: Tomato

Wed., Feb. 3

Breakfast
Hard Cooked Egg ~ Toast or Yogurt

Lunch
Beefaroni
~Cheesy Bread Stick

Choice of Two
Tossed Salad
Applesauce
Fresh Fruit, Fruit Juice
Soup of the Day: Vegetable Beef

Thursday, Feb. 4

Breakfast
Waffle Sticks or Yogurt

Lunch
Hot Dog on Bun

Choice of Two
Baked Beans, Sauerkraut
Pineapple Chunks, Fruit Juice
Soup of the Day: Cream of Potato

Friday, Feb. 5

Breakfast
Sausage & Egg Biscuit or Yogurt

Lunch
Cheese Steak on Bun

Choice of Two
Onion Rings
Shredded Lettuce & Tomato
Chilled Peaches, Fruit Juice
Soup of the Day: Chef's Choice

GRAIN

Whole Wheat

Whole wheat bread is one of the healthiest choices you can make! It's tastier, and it's loaded with natural fiber and nutrients. Make sure it says "100% whole wheat!"

OF THE MONTH

Monday, Feb. 8

Breakfast
Hot Oatmeal or Yogurt

Lunch
Chicken Nuggets ~Warm Roll

Choice of Two
Rice ~Gravy, Peas & Carrots
Apple Slices Fruit Juice
Soup of the Day: Cream of Broccoli

Tuesday, Feb. 9

Breakfast
Sausage Pancake on Stick or Yogurt

Lunch
Pizza Dipper w/wo Marinara Sauce

Choice of Two
Tossed Salad w/Lite Dressing
Peaches, Fruit Juice
Soup of the Day: Beef Noodle

Wed., Feb. 10

Breakfast
Whole Grain Cinnamon Bun or Yogurt

Lunch
Beefy Nachos ~Cheese Cup

Choice of Two
Corn, Celery Sticks/Dip
Pears, Fruit Juice
Soup: Peas-n-Dumplings

Thursday, Feb. 11

Breakfast
Breakfast Bagel or Yogurt

Lunch
Spaghetti w/wo Meat or Marinara Sauce ~Garlic Toast

Choice of Two
Green Beans
Fruit Cup, Fruit Juice
Soup of the Day: Manhattan Clam

Friday, Feb. 12

Breakfast
Egg & Cheese Biscuit or Yogurt
Chinese New Year Feb. 14!

Lunch
Chicken Egg Roll
Cheeseburger on Bun

Choice of Two
Stir Fry Veggies, Rice
Pineapple Chunks, Juice
**Bonus: Cupid's Dessert!
Soup of the Day: Chef's Choice*

February 14 is International Kiss-a-Frog Day!

(Um . . . I mean Valentine's Day)