



MENUS FOR FEBRUARY 2010
Cape Henlopen High 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!

Cape Viking Galley
Available Daily

SPECIALLY MADE TO ORDER SANDWICHES AND WRAPS

PROTEINS AVAILABLE:
TUNA, HAM TURKEY
ITALIAN, CHEESE PEANUT BUTTER
BOLOGNA, EGG SALAD
CHICKEN SALAD

BREADS AVAILABLE:
SUB ROLL, KAISER ROLL
SLICED BREAD, BAGELS & WRAPS

ALSO AVAILABLE:
YOGURT, CHEF
SALAD, PIZZA &
SOUP OF THE DAY


CHOICE OF MILK SERVED
WITH ALL COMPLETE MEALS
SKIM MILK
2% LOWFAT WHITE
FAT FREE CHOCOLATE



BREAKFAST: BAGELS, GRAHAM
CRACKERS, CEREAL, CEREAL BAR
FRUIT JUICE & FRUIT

Monday, Feb. 1	Tuesday, Feb. 2	Wed., Feb. 3	Thursday, Feb. 4	Friday, Feb. 5
<u>Breakfast</u> Bagel w/wo Cream Cheese or Yogurt <u>Lunch</u> Hot Dog on Bun <u>Choice of Two</u> Baked Beans, Sauerkraut Pineapple Chunks, Fruit Juice <i>Soup of the Day: Cream of Potato</i>	<u>Breakfast</u> Breakfast Pizza or Yogurt <u>Lunch</u> Chicken Patty on Bun Chicken Parmesan <u>Choice of Two</u> Tater Tots Lettuce & Tomato, Winter Blend Pears, Fruit Juice <i>Soup of the Day: Tomato</i>	<u>Breakfast</u> Honi Bun or Yogurt <u>Lunch</u> Beefaroni ~Cheesy Bread Stick <u>Choice of Two</u> Tossed Salad Applesauce Fresh Fruit, Fruit Juice <i>Soup of the Day: Vegetable Beef</i>	<u>Breakfast</u> Waffle Sticks or Yogurt <u>Lunch</u> Hot Turkey Sandwich <u>Choice of Two</u> Whipped Potatoes, Peas Frozen Sherbet, Fresh Fruit Fruit Juice <i>Soup of the Day: CK Noodle</i>	<u>Breakfast</u> Sausage & Egg Biscuit or Yogurt <u>Lunch</u> Cheese Steak on Bun <u>Choice of Two</u> Onion Rings Shredded Lettuce & Tomato Chilled Peaches, Fruit Juice <i>Soup of the Day: Chef's Choice</i>
Monday, Feb. 8	Tuesday, Feb. 9	Wed., Feb. 10	Thursday, Feb. 11	Friday, Feb. 12
<u>Breakfast</u> Pancakes or Yogurt <u>Lunch</u> Chicken Nuggets ~Warm Roll <u>Choice of Two</u> Rice ~Gravy, Peas & Carrots Apple Slices Fruit Juice <i>Soup of the Day: Cream of Broccoli</i>	<u>Breakfast</u> Sausage Pancake on Stick or Yogurt <u>Lunch</u> Pizza Dipper w/wo Marinara Sauce <u>Choice of Two</u> Tossed Salad w/Lite Dressing Peaches, Fruit Juice <i>Soup of the Day: Beef Noodle</i>	<u>Breakfast</u> Whole Grain Cinnamon Bun or Yogurt <u>Lunch</u> Cheeseburger on Bun <u>Choice of Two</u> Fries, Cherry Crisp Broccoli, Fruit Juice <i>Soup: Peas-n-Dumplings</i>	<u>Breakfast</u> Breakfast Bagel or Yogurt <u>Lunch</u> Spaghetti w/wo Meat or Marinara Sauce ~Garlic Toast <u>Choice of Two</u> Green Beans Fruit Cup, Fruit Juice <i>Soup of the Day: Manhattan Clam</i>	<u>Breakfast</u> Ham, Egg & Cheese Biscuit or Yogurt <i>Chinese New Year Feb. 14!</i> <u>Lunch</u> Chicken Egg Roll <u>Choice of Two</u> Stir Fry Veggies, Rice Pineapple Chunks, Juice <i>*Bonus: Cupid's Dessert!</i> <i>Soup of the Day: Chef's Choice</i>

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