

**DON'T FORGET TO
SPRING
FORWARD
ON MARCH 14!**

**Menus for
March 2010**

**Cape Henlopen
High School**

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



School Breakfast

ready SET GO!

**NATIONAL SCHOOL BREAKFAST WEEK
MARCH 8~12, 2010**

March 2 is the Birthday
of Dr. Seuss!



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Monday, March 1

Breakfast

Bagel w/wo Cream Cheese
or Yogurt

Lunch

Cheese Steak
on Whole Grain Bun

Choice of Two

Onion Rings, Lettuce &
Tomato, Peaches, Juice

*Soup of the Day:
Manhattan Clam*

Tuesday, March 2

Happy Birthday Dr. Seuss!

Breakfast

Breakfast Pizza
or Yogurt

Lunch

Chicken Patty
on Whole Wheat Bun

Choice of Two

Tater Tots, Lettuce & Tomato
Winter Blend
Pears, Fruit Juice

Soup of the Day: CK Noodle

Wed., March 3

Breakfast

Hot Pocket
or Yogurt

Lunch

Chicken Teriyaki Rice
Bowl

Choice of Two

Broccoli, Mixed Fruit
Fruit Juice

*Soup of the Day:
Chef's Choice*

Thurs., March 4

Breakfast

Waffle Styx
or Yogurt

Lunch

Hot Dog on Bun

Choice of Two

Baked Beans, Sauerkraut
Mandarin Oranges, Juice

*Soup of the Day:
Lima Bean/Corn Dumpling*

Friday, March 5

Breakfast

Muffins
or Yogurt

Lunch

Chicken Quesadilla

Choice of Two

Mexicali Corn, Apple Crisp
Pineapple Tidbits

Soup of the Day: Vegetable

Monday, March 8

Breakfast

Bagel w/wo Cream Cheese
or Yogurt

Lunch

Pizza Dippers
w/wo Marinara Sauce

Choice of Two

Green Beans
Peaches, Fruit Juice

*Soup of the Day:
Cream of Broccoli*

Tuesday, March 9

Breakfast

Sausage Pancake on Stick
or Yogurt

Lunch

Chicken Nuggets
~Warm Roll

Choice of Two

Parsley Potatoes, Peas
Fresh Apple Slices, Juice

*Soup of the Day:
Chicken Rice*

Wed., March 10

Breakfast

Whole Grain Cinnamon Bun
or Yogurt

Lunch

Cheeseburger
on Whole Wheat Bun

Choice of Two

Fries, Lettuce & Tomato
Pineapple Tidbits, Fruit Juice

*Soup of the Day:
Peas-n-Dumplings*

Thurs., March 11

Breakfast

Breakfast Bagel
or Yogurt

Lunch

Toasted Cheese

Choice of Two

Tomato Soup
Baby Carrots w/Dip
Pears, Fruit Juice

**Bonus: Sun Chips!
Soup of the Day: Tomato*

Friday, March 12

Breakfast

Egg & Cheese Biscuit
or Yogurt

Lunch

Oven Baked Fish on a
Bun

Choice of Two

Mac-n-Cheese, Stewed
Tomatoes, Applesauce, Juice

*Soup of the Day:
Vegetable Beef*

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

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

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

ALSO AVAILABLE:
YOGURT
CHEF SALAD
& SOUP OF THE DAY

