

Menus for May 2010



Cape Henlopen High School

This institution is an equal opportunity provider and employer.



Cinco de Mayo (May 5th) celebrates a great Mexican military victory in 1862.



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

I LOVE YOU MOM!



MOTHER'S DAY MAY 9

REV UP YOUR ENGINE

EAT SCHOOL LUNCH



School Meals

We serve education every day™

Monday, May 3

Breakfast

Bagel w/Cream Cheese or Yogurt

Lunch

Pizza Dipper w/wo Marinara Sauce

Choice of Two

Steamed Broccoli
Fruit Mix
Fruit Juice
Soup of the Day: CK Rice

Tuesday, May 4

Breakfast

Breakfast Pizza or Yogurt

Lunch

Chicken Nuggets ~Warm Roll

Choice of Two

Macaroni Salad
Fresh Veggies w/Dip
Frozen Peach Cup, Fruit Juice
Soup of the Day: Cr. Of Broccoli

Wed., May 5

Breakfast

Muffin or Yogurt

Lunch

Chicken Quesadilla

Choice of Two

Spanish Rice
Corn
Fruit Variety, Juice
Soup of the Day: Vegetable

Thursday, May 6

Breakfast

Sausage Pancake on Stick or Yogurt

Lunch

Toasted Cheese

Choice of Two

Tomato Soup
Baby Carrots w/Dip
Fresh Apple Slices, Juice
*Bonus: Sun Chips!
Soup of the Day: Tomato

Friday, May 7

Breakfast

Waffle Sticks w/Syrup or Yogurt

Lunch

Cheeseburger on Whole Wheat Bun

Choice of Two

Pasta Salad, Lettuce and Tomato, Pears
Fruit Juice
Soup of the Day: Chef's Choice

Monday, May 10

Breakfast

Bagel w/Cream Cheese or Yogurt

Lunch

Meatballs on Roll

Choice of Two

Tasty Glazed Carrots
Scalloped Potatoes
Chilled Pears, Juice
Soup of the Day: CK Noodle

Tuesday, May 11

Breakfast

Breakfast Bagel or Yogurt

Lunch

Chicken Tenders ~Warm Roll

Choice of Two

Tater Tots, Winter Mix
Fruit Mix, Juice
Soup of the Day: Beef Vegetable

Wed., May 12

Breakfast

Whole Grain Cinnamon Bun or Yogurt

Lunch

Spaghetti w/wo Meat or Marinara Sauce ~Cheesy Garlic Breadstick

Choice of Two

Tossed Salad w/Lite Dressing
Fruit Cup, Fruit Juice
Soup of the Day: Manhattan Clam

Thursday, May 13

Breakfast

Hot Pocket or Yogurt

Lunch

Chicken Teriyaki Rice Bowl
Chicken Egg Roll

Choice of Two

Broccoli
Apple Crisp
Fruit Juice
Soup of the Day: Cr. Of Potato

Friday, May 14

NASCAR in Dover May 16!

Breakfast

Ham, Egg & Cheese Biscuit or Yogurt

Lunch

Pizza Burger on Bun
Cheeseburger on Bun

Choice of Two

Fries, California Blend
Fruit Variety, Juice
Bonus: Sports Crackers!
Soup of the Day: Chef's Choice
*Check Cut-Off