

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

**Menus for
March 2010**

**Cape Henlopen
H.O. Brittingham**

*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!



Celebrate
with a
good
book!

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Monday, March 1

Breakfast

Assorted Cereal
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

Cheese Sticks w/Apple Slices
or Yogurt

Lunch

Chicken Patty
on Whole Wheat Bun

Choice of Two

Lettuce & Tomato
Winter Blend, Fruit Mix
ABC Snacks, Fruit Juice
Soup of the Day: CK Noodle

Wed., March 3

Breakfast

Blueberry Muffin
or Yogurt

Lunch

Nachos w/Ground Beef
~Cheese

Choice of Two

Mexicali Corn
Apple Crisp
Pineapple Tidbits, Fruit Juice
Soup of the Day: Vegetable

Thurs., March 4

Breakfast

Breakfast Pocket
or Yogurt

Lunch

Hot Dog on Bun

Choice of Two

Tater Tots, Broccoli
Mandarin Oranges, Juice
Soup of the Day:
Lima Bean/Corn Dumpling

Friday, March 5

Breakfast

1/2 Day—No Breakfast

Lunch

Cheese Pizza

Choice of Two

Tossed Salad w/Lite Dressing
Frozen Sherbet Cup
Pears, Fruit Juice
Soup of the Day:
Chef's Choice

Available Daily

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

**Lunch: Chef's Salad ~ Crackers
Yogurt ~ Crackers
Peanut Butter & Jelly Sandwich
Tuna Sandwich
Ham & Cheese Sandwich
(Includes Two Sides + Milk!)**

Monday, March 8

Breakfast

Assorted Cereal
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

Breakfast Hot Pocket
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

Sausage Pancake on Stick
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

Honi Bun
or Yogurt

Lunch

Oven Baked Fish on a Bun
Sloppy Joe on Bun

Choice of Two

Mac-n-Cheese, Stewed
Tomatoes, Applesauce, Juice
Soup of the Day:
Vegetable Beef

**HIGH
SCHOOL
MOOSICAL**

**Choice of milk served
with all complete meals:**
SKIM MILK, 2% LOW FAT
WHITE, FAT FREE CHOCOLATE