

Cape Henlopen  
School District

Lewes  
School



## Menus for April 2010

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

**Thursday, April 1**

**Breakfast**

Waffle Sticks  
or Yogurt

**Lunch**

Hot Dog on Bun

**Choice of Two**

Baked Beans, Cole Slaw  
Sauerkraut

Pineapple Chunks, Juice

*Soup of the Day: Chef's Choice*

*\*Bonus: Spring Surprise!*

**Friday  
April 2**

**Spring  
Break  
Begins**

**No  
School  
Today**



# GET IT IN YOU.

OK, this is big. Really big. So listen up. Fiber is found naturally in whole grains, fruits, and vegetables and is added to many other foods. It's good for you. Really good. SO EAT MORE FIBER.

# FIBER

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

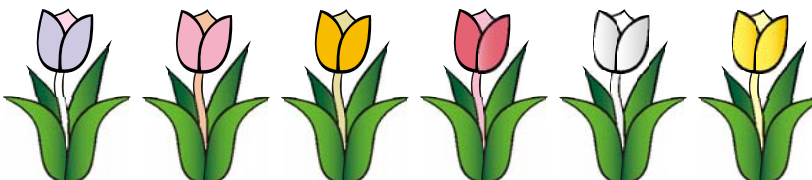


April 2010 is Global Child Nutrition Month.

Hunger affects children around the globe and here in the U.S. You can help. To learn more visit

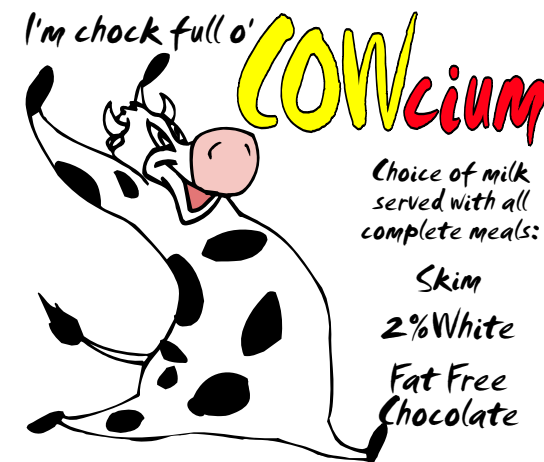
[www.gcnf.org](http://www.gcnf.org)

**SPRING BREAK**



**Break begins at the end of classes:  
Thursday, April 1**

**Classes resume:  
Monday, April 12**



Choice of milk served with all complete meals:

Skim  
2% White  
Fat Free  
Chocolate

**Monday, April 12**

First Home Game for the Phillies!

**Breakfast**

Assorted Cereal  
or Yogurt

**Lunch**

Pizza Dipper  
w/wo Marinara Sauce

**Choice of Two**

Steamed Broccoli  
Fruit Mix, Fruit Juice

*Soup of the Day:*

*Chicken Rice*

*Bonus: All Star Snack!*

**Tuesday, April 13**

**Breakfast**

Sausage Pancake on Stick  
or Yogurt

**Lunch**

Oven Baked Chicken  
~ Warm Roll

**Choice of Two**

Whipped Potatoes ~ Gravy  
Peas & Carrots

Fresh Fruit, Juice

*Soup of the Day:*

*Cr. Of Broccoli*

**Wed., April 14**

**Breakfast**

Whole Grain Cinnamon Bun  
or Yogurt

**Lunch**

Rigatoni w/wo Meat  
or Marinara Sauce  
~ Garlic Toast

**Choice of Two**

Green Beans  
Fruit Cup, Fruit Juice

*Soup of the Day:*

*Manhattan Clam*

**Thursday, April 15**

**Breakfast**

Bagel w/wo Cream Cheese  
or Yogurt

**Lunch**

Chicken Nuggets  
~ Warm Roll

**Choice of Two**

Macaroni Salad  
Fresh Veggies w/Dip  
Baked Apples, Fruit Juice

*Soup of the Day:*

*Chicken-n-Dumplings*

**Friday, April 16**

**Breakfast**

Sausage & Egg Biscuit  
or Yogurt

**Lunch**

Nachos w/Ground Beef  
~ Cheese

**Choice of Two**

Corn  
Fruit Variety, Juice

*Soup of the Day:*

*Chef's Choice*



**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  
(Includes Two Sides + Milk!)**