

Cape Henlopen Middle Schools

Mariner



## 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: Vegetable Beef*

*\*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!**

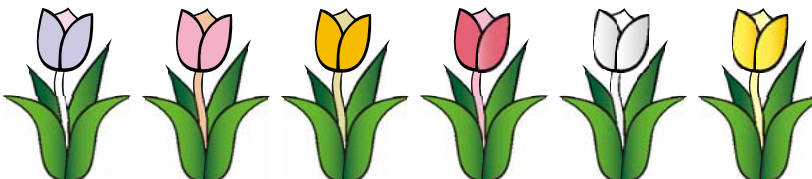


April 2010 is Global Child Nutrition Month.

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

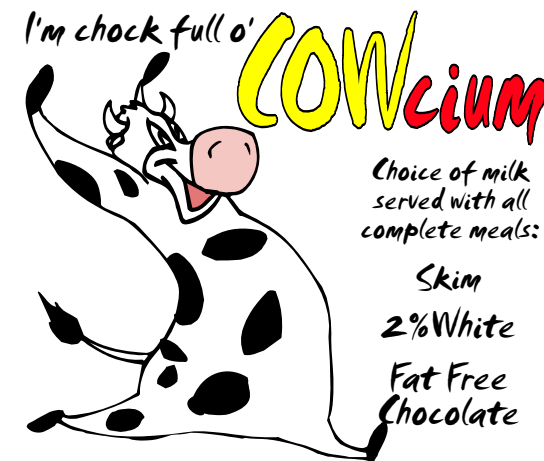
[www.gcnf.org](http://www.gcnf.org)

# 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

Salisbury Steak  
~ Warm Roll  
Cheeseburger on Bun

#### 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  
Apple Crisp, 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  
Pineapple Chunks, 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*



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

**Lunch: Chef's Salad ~ Crackers  
Yogurt ~ Crackers  
Peanut Butter & Jelly Sandwich  
Tuna Sandwich  
Ham & Cheese Sandwich**

**Tuna, Turkey, and Ham & Cheese Subs  
(Includes Two Sides + Milk!)**