



**MENUS FOR FEBRUARY 2010**  
**Cape Henlopen Milton Elementary School**  
*This institution is an equal opportunity provider and employer.*

# SWEET DEAL.

The added sugar in soda delivers calories without nutrition -- and without satisfying your hunger. The natural sugar in fruit satisfies your sweet tooth with fewer calories, while providing fiber, nutrients, and vitamins, too!



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

*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!*

**Monday, Feb. 1**

**Breakfast**  
Hot Oatmeal or Yogurt

**Lunch**  
Pizza Choice

**Choice of Two**  
Green Beans  
Frozen Sherbet Cup  
Fresh Fruit, Fruit Juice  
*Soup of the Day: CK Noodle*

**Tuesday, Feb. 2**

**Breakfast**  
Breakfast Pizza or Yogurt

**Lunch**  
Grilled Chicken on Whole Wheat Bun

**Choice of Two**  
Tater Tots  
Lettuce & Tomato, Winter Blend  
Pears, Fruit Juice  
*Soup of the Day: Tomato*

**Wed., Feb. 3**

**Breakfast**  
Hard Cooked Egg ~ Toast or Yogurt

**Lunch**  
Beefaroni ~ Cheesy Bread Stick

**Choice of Two**  
Tossed Salad  
Applesauce  
Fresh Fruit, Fruit Juice  
*Soup of the Day: Vegetable Beef*

**Thursday, Feb. 4**

**Breakfast**  
Waffle Sticks or Yogurt

**Lunch**  
Hot Dog on Bun

**Choice of Two**  
Baked Beans, Sauerkraut  
Pineapple Chunks, Fruit Juice  
*Soup of the Day: Cream of Potato*

**Friday, Feb. 5**


**Breakfast**  
Sausage & Egg Biscuit or Yogurt

**Lunch**  
Cheese Steak on Bun

**Choice of Two**  
Onion Rings  
Shredded Lettuce & Tomato  
Chilled Peaches, Fruit Juice  
*Soup of the Day: Chef's Choice*

**GRAIN**

**Whole Wheat**



Whole wheat bread is one of the healthiest choices you can make! It's tastier, and it's loaded with natural fiber and nutrients. Make sure it says "100% whole wheat!"

**OF THE MONTH**

**Monday, Feb. 8**

**Breakfast**  
Hot Oatmeal or Yogurt

**Lunch**  
Chicken Nuggets ~ Warm Roll

**Choice of Two**  
Rice ~ Gravy, Peas & Carrots  
Apple Slices Fruit Juice  
*Soup of the Day: Cream of Broccoli*

**Tuesday, Feb. 9**

**Breakfast**  
Sausage Pancake on Stick or Yogurt

**Lunch**  
Pizza Dipper w/wo Marinara Sauce

**Choice of Two**  
Tossed Salad w/Lite Dressing  
Peaches, Fruit Juice  
*Soup of the Day: Beef Noodle*

**Wed., Feb. 10**

**Breakfast**  
Whole Grain Cinnamon Bun or Yogurt

**Lunch**  
Beefy Nachos ~ Cheese Cup

**Choice of Two**  
Corn, Celery Sticks/Dip  
Pears, Fruit Juice  
*Soup: Peas-n-Dumplings*

**Thursday, Feb. 11**

**Breakfast**  
Breakfast Bagel or Yogurt

**Lunch**  
Spaghetti w/wo Meat or Marinara Sauce ~ Garlic Toast

**Choice of Two**  
Green Beans  
Fruit Cup, Fruit Juice  
*Soup of the Day: Manhattan Clam*


**Friday, Feb. 12**

**Breakfast**  
Egg & Cheese Biscuit or Yogurt  
*Chinese New Year Feb. 14!*

**Lunch**  
Chicken Egg Roll  
Cheeseburger on Bun

**Choice of Two**  
Stir Fry Veggies, Rice  
Pineapple Chunks, Juice  
*\*Bonus: Cupid's Dessert! Soup of the Day: Chef's Choice*

February 14 is International Kiss-a-Frog Day!



(Um . . . I mean Valentine's Day)