


SUPER BOWL
MENUS FOR FEBRUARY 2010
SUNDAY FEB. 7
Cape Henlopen
Rehoboth 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 | Tuesday, Feb. 2 | Wed., Feb. 3 | Thursday, Feb. 4 | Friday, Feb. 5 |
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| <u>Breakfast</u> Hot Oatmeal or Yogurt <u>Lunch</u> Pizza Choice <u>Choice of Two</u> Green Beans Frozen Sherbet Cup Fresh Fruit, Fruit Juice <i>Soup of the Day: CK Noodle</i> | <u>Breakfast</u> Breakfast Pizza or Yogurt <u>Lunch</u> Grilled Chicken on Whole Wheat Bun <u>Choice of Two</u> Tater Tots Lettuce & Tomato, Winter Blend Pears, Fruit Juice <i>Soup of the Day: Tomato</i> | <u>Breakfast</u> Hard Cooked Egg ~ Toast or Yogurt <u>Lunch</u> Beefaroni ~ Cheesy Bread Stick <u>Choice of Two</u> Tossed Salad Applesauce Fresh Fruit, Fruit Juice <i>Soup of the Day: Vegetable Beef</i> | <u>Breakfast</u> Waffle Sticks or Yogurt <u>Lunch</u> Hot Dog on Bun <u>Choice of Two</u> Baked Beans, Sauerkraut Pineapple Chunks, Fruit Juice <i>Soup of the Day: Cream of Potato</i> | <u>Breakfast</u> Sausage & Egg Biscuit or Yogurt <u>Lunch</u> Cheese Steak on Bun <u>Choice of Two</u> Onion Rings Shredded Lettuce & Tomato Chilled Peaches, Fruit Juice <i>Soup of the Day: Chef's Choice</i> |
| Monday, Feb. 8 | Tuesday, Feb. 9 | Wed., Feb. 10 | Thursday, Feb. 11 | Friday, Feb. 12 |
| <u>Breakfast</u> Hot Oatmeal or Yogurt <u>Lunch</u> Chicken Nuggets ~ Warm Roll <u>Choice of Two</u> Rice ~ Gravy, Peas & Carrots Apple Slices Fruit Juice <i>Soup of the Day: Cream of Broccoli</i> | <u>Breakfast</u> Sausage Pancake on Stick or Yogurt <u>Lunch</u> Pizza Dipper w/wo Marinara Sauce <u>Choice of Two</u> Tossed Salad w/Lite Dressing Peaches, Fruit Juice <i>Soup of the Day: Beef Noodle</i> | <u>Breakfast</u> Whole Grain Cinnamon Bun or Yogurt <u>Lunch</u> Beefy Nachos ~ Cheese Cup <u>Choice of Two</u> Corn, Celery Sticks/Dip Pears, Fruit Juice <i>Soup: Peas-n-Dumplings</i> | <u>Breakfast</u> Breakfast Bagel or Yogurt <u>Lunch</u> Spaghetti w/wo Meat or Marinara Sauce ~ Garlic Toast <u>Choice of Two</u> Green Beans Fruit Cup, Fruit Juice <i>Soup of the Day: Manhattan Clam</i> | <u>Breakfast</u> Egg & Cheese Biscuit or Yogurt <i>Chinese New Year Feb. 14!</i> <u>Lunch</u> Chicken Egg Roll Cheeseburger on Bun <u>Choice of Two</u> Stir Fry Veggies, Rice Pineapple Chunks, Juice <i>*Bonus: Cupid's Dessert! Soup of the Day: Chef's Choice</i> |

GRAIN

Whole Wheat

OF THE MONTH

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!"



February 14 is International Kiss-a-Frog Day!



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