

Menus for May 2010



Cape Henlopen School District—Beacon Middle
 This institution is an equal opportunity provider and employer.



Cinco de Mayo (May 5th) celebrates a great Mexican military victory in 1862.



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, May 3	Tuesday, May 4	Wed., May 5	Thursday, May 6	Friday, May 7
Breakfast Assorted Cereal or Yogurt	Breakfast Breakfast Pizza or Yogurt	Breakfast Egg, Ham & Cheese Biscuit or Yogurt	Breakfast Sausage Pancake on Stick or Yogurt	Breakfast Bagel w/wo Cream Cheese or Yogurt
Lunch Pizza Dipper w/wo Marinara Sauce	Lunch Chicken Nuggets ~Warm Roll	Lunch Nachos w/Ground Beef ~Cheese	Lunch Toasted Cheese	Lunch Stacked Turkey on Whole Wheat Bun
Choice of Two Steamed Broccoli Fruit Mix Fruit Juice <i>Soup of the Day: CK Rice</i>	Choice of Two Macaroni Salad Fresh Veggies w/Dip Frozen Peach Cup, Fruit Juice <i>Soup of the Day: Ck & Dumplings</i>	Choice of Two Spanish Rice Corn Fruit Variety, Juice <i>Soup of the Day: Vegetable</i>	Choice of Two Tomato Soup Baby Carrots w/Dip Apple Slices, Juice Bonus: Sun Chips! <i>Soup of the Day: Tomato</i>	Choice of Two Pasta Salad, Lettuce and Tomato, Pears Fruit Juice <i>Soup of the Day: Chef's Choice</i>

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EAT SCHOOL LUNCH



School Meals
 We serve education every day™

Monday, May 10	Tuesday, May 11	Wed., May 12	Thursday, May 13	Friday, May 14
Breakfast Assorted Cereal or Yogurt	Breakfast Sausage Pancake on Stick or Yogurt	Breakfast Whole Grain Cinnamon Bun or Yogurt	Breakfast Egg & Cheese Biscuit or Yogurt	NASCAR in Dover May 16! Breakfast Hot Pocket or Yogurt
Lunch Chicken Tenders ~Warm Roll	Lunch Meatballs on Roll Mighty Rib on Bun	Lunch Spaghetti w/wo Meat or Marinara Sauce ~Garlic Toast	Lunch Pizza Burger Cheeseburger on Whole Grain Bun	Lunch Chicken Teriyaki Rice Bowl Chicken Egg Roll
Choice of Two Fries, Winter Mix Fruit Mix, Juice <i>Soup of the Day: Beef Vegetable</i>	Choice of Two Tasty Glazed Carrots Scalloped Potatoes Chilled Pears, Juice <i>Soup of the Day: CK Noodle</i>	Choice of Two Green Beans Fruit Cup, Fruit Juice <i>Soup of the Day: Manhattan Clam</i>	Choice of Two Tater Tots, California Blend Fruit Variety, Juice <i>Soup of the Day: Cream of Potato</i>	Choice of Two Broccoli Apple Crisp, Juice Bonus: Sports Crackers! <i>Soup of the Day: Chef's Choice</i> *Check Cut-Off