

# Menus for February 2012



**Cape Henlopen High School**  
This institution is an equal opportunity provider.

**Available Daily**  
SPECIALLY MADE TO ORDER SANDWICHES AND WRAPS

**PROTEINS AVAILABLE:** Tuna, Ham, Turkey, Italian, Cheese, Peanut Butter, Bologna, Egg Salad, Chicken Salad

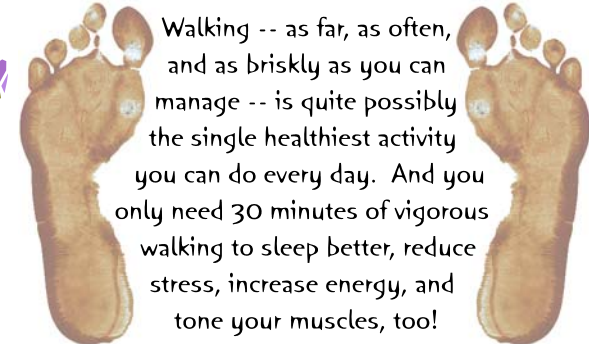
**BREADS AVAILABLE:** Sub Roll, Kaiser Roll, Sliced Bread, Bagels & Wraps

**ALSO AVAILABLE:** Yogurt, Chef Salad, Pizza Choice, Soup of the Day

**CHOICE OF MILK SERVED WITH ALL COMPLETE MEALS:** 1% White, Skim Milk, Fat Free Chocolate

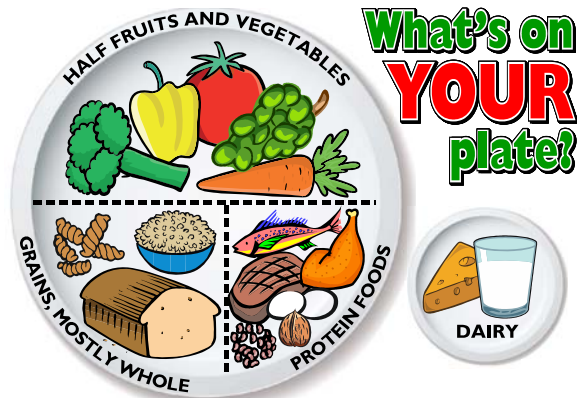
**BREAKFAST:** Bagels, Yogurt, Graham Crackers, Cereal, Cereal Bars, Fruit Juice & Fruit

## MAKE SOME TRACKS.



Walking -- as far, as often, and as briskly as you can manage -- is quite possibly the single healthiest activity you can do every day. And you only need 30 minutes of vigorous walking to sleep better, reduce stress, increase energy, and tone your muscles, too!

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



**What's on YOUR plate?**



**Every complete meal we serve includes your choice of 1% white, skim or nonfat chocolate milk.**

## Cactus you can eat!

The pads of the prickly pear cactus, or "nopales" (pronounced no-PAH-lace) are a popular food in Mexico and many Central American countries, as well as parts of Southern Europe, the Middle East, India, North Africa, and the Southwest U.S. It tastes like a slightly tart green bean or green pepper.



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

Wednesday, February 1	Thursday, February 2	Friday, February 3
<b>Breakfast</b> Sausage & Egg English Muffin	<b>Breakfast</b> Mini Cinni	<b>Breakfast</b> Waffle Stix
<b>Lunch</b> Hot Dog on Bun	<b>Lunch</b> Fish Filet ~Corn Bread Muffin	<b>Lunch</b> Chicken Cheese Steak
<b>Choice of Two</b> Fries, Baked Beans Cole Slaw Mandarin Orange Fruit Juice Soup: Manhattan Clam	<b>Choice of Two</b> Mac-n-Cheese Stewed Tomatoes Spinach, Applesauce Fruit Juice Soup: Cream of Potato	<b>Choice of Two</b> Edamame Pasta Salad Chilled Peaches Fruit Juice Soup: Chef's Choice
Monday, February 6	Tuesday, February 7	Wednesday, February 8
<b>Breakfast</b> Sausage Pancake on Stick	<b>Breakfast</b> Breakfast Bun	<b>Breakfast</b> Hot Pocket
<b>Lunch</b> Cheese Burger On Whole Wheat Bun	<b>Lunch</b> Chicken Nuggets ~Pretzel Rod	<b>Lunch</b> Pizza Dipper w/wo Marinara Sauce
<b>Choice of Two</b> Garden Salad w/Lite Dressing Pineapple Tidbits Fruit Juice Soup: Cream of Broccoli	<b>Choice of Two</b> Parsley Potatoes Peas & Carrots Peaches, Fruit Juice Soup: Peas-n-Dumplings <i>*Bonus: Birthday Cake!</i>	<b>Choice of Two</b> California Blend Warm Apple Slices Fruit Juice Soup: Beef Noodle
Thursday, February 9	Friday, February 10	
<b>Breakfast</b> Whole Grain Cinnamon Bun	<b>Breakfast</b> Whole Grain Cinnamon Bun	
<b>Lunch</b> Chicken Fajita Wrap	<b>Lunch</b> Chicken Fajita Wrap	
<b>Choice of Two</b> Corn Lettuce & Tomato Pears Fruit Juice Soup: Chef's Choice	<b>Choice of Two</b> Corn Lettuce & Tomato Pears Fruit Juice Soup: Chef's Choice	



**No School Today**