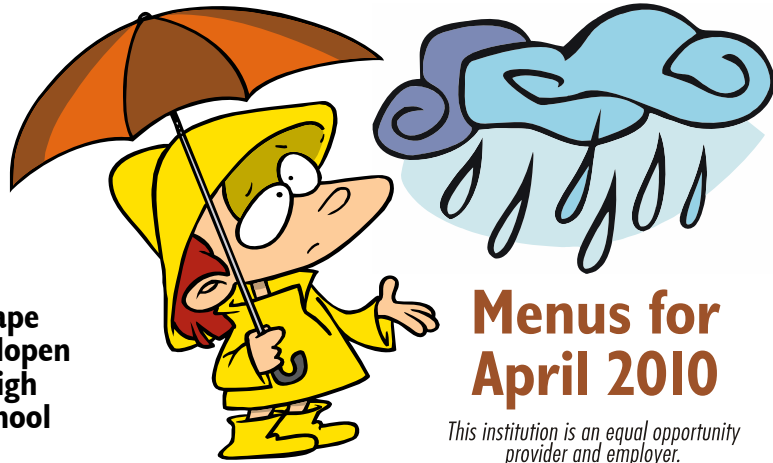


Cape
Henlopen
High
School



Menus for April 2010

*This institution is an equal opportunity
provider and employer.*



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

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: Chef's Choice

**Bonus: Spring Surprise!*

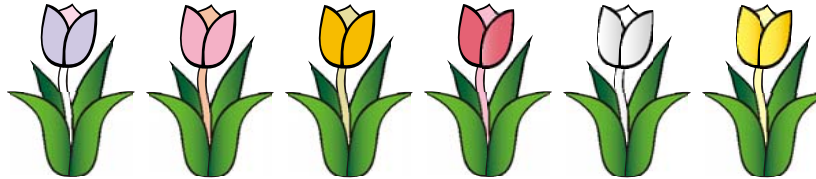
Friday April 2

Spring Break Begins

No
School
Today



SPRING BREAK



**Break begins at the end of classes:
Thursday, April 1**

**Classes resume:
Monday, April 12**

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

Baked Chicken
~ Warm Roll

Choice of Two

Whipped Potatoes ~ Gravy
Peas & Carrots

Frozen Sherbet, 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
Fruit Cup, 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, Fruit Juice

Soup of the Day:

Chicken-n-Dumplings

Friday, April 16

Breakfast

Sausage & Egg Biscuit
or Yogurt

Lunch

Beefy Tacos
w/Hard or Soft Shell

Choice of Two

Golden Corn
Lettuce, Tomato & Cheese
Cherry Crisp, Fruit Juice

Soup of the Day: Chef's Choice

GET IT IN YOU.

OK, this is big. Really big. So listen up. Fiber is
found naturally in whole grains, fruits, and vege-
tables 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!

Cape Viking Galley
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 OF MILK SERVED WITH
SOUP OF THE DAY ALL COMPLETE MEALS
SKIM MILK
2% LOWFAT WHITE
FAT FREE CHOCOLATE



BREAKFAST: BAGELS, GRAHAM
CRACKERS, CEREAL, CEREAL BAR
FRUIT JUICE & FRUIT