

WELCOME TO THE NEW YEAR!

MENUS FOR JANUARY 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

DO IT FOR YOU, TOO.

Volunteering isn't just good for those who might need your help -- it's good for you, too. Serving as a volunteer has been shown to improve self-confidence, teach job skills, combat depression, and increase physical activity among volunteers of all ages. That's a wellness win-win!



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

Eat up.



When kids "eat up," their grades go up, too. Research strongly suggests that kids who regularly eat balanced, nutritious meals pay better attention in class, participate more, and even score better on tests. We try to do our part by providing healthy meals at school, so we hope you will encourage your kids to join us often!

Snap out of it!

Yes, vacation is over, but we're happy to see you — and it won't be too long until Spring Break!

Welcome Back!

Breakfast **Lunch**

\$0.75 \$1.25

Get in touch with us today to learn more about free and reduced-price meals in our district:
 302-645-1442 or cgordon@cape.k12.de.us

Monday, January 9

Breakfast
Sausage Pancake on Stick

Lunch
Chicken Nuggets
~ Pretzel Rod

Choice of Two
Parsley Potatoes
Peas & Carrots
Peaches, Juice
Soup: Peas-n-Dumplings

Tuesday, January 10

Breakfast
Hot Pockets

Lunch
Pizza Dipper
w/wo Marinara Sauce

Choice of Two
California Blend
Warm Apple Slices
Fruit Juice
Soup: Beef Vegetable

Wednesday, January 11

Breakfast
Whole Grain Cinnamon Bun

Lunch
Chicken Fajita Wrap

Choice of Two
Corn
Lettuce & Tomato
Grapes, Fruit Juice
Soup: Cream of Broccoli

Thursday, January 12

Breakfast
Egg & Cheese English Muffin

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

Choice of Two
Green Beans
Mixed Fruit
Fruit Juice
Soup: Chef's Choice

Friday, January 13

Breakfast
Breakfast Bagel

Lunch
Toasted Cheese

Choice of Two
Tomato Soup
Baby Carrots w/Dip
Peas
Fruit Juice
*Bonus: Sun Chips!

Tuesday, January 3

Breakfast
Sausage Pancake on Stick

Lunch
Hot Dog on Bun

Choice of Two
Potato Wedges
Baked Beans, Sauerkraut
Mandarin Orange, Juice
Soup: Chicken Noodle

Wednesday, January 4

Breakfast
Mini Cinni

Lunch
Fish Filet on Bun

Choice of Two
Mac-n-Cheese
Stewed Tomatoes, Peas
Applesauce, Fruit Juice
Soup: Vegetable

Thursday, January 5

Breakfast
Waffle Stix

Lunch
Cheese Steak on Bun

Choice of Two
Capri Blend, Lettuce & Tomato
Chilled Peaches, Juice
*Bonus: B-Day Brownie!
Soup: Bean

Friday, January 6

Breakfast
Sausage & Egg English Muffin

Lunch
Meatball Sub

Choice of Two
Green Beans
Pineapple Tidbits
Fruit Juice
Soup: Chef's Choice