



# Menus for February 2012

## Kent County High School

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### Available Daily

**Breakfast:** Fruit or 100% Fruit Juice. Choice of Cereal or Yogurt w/Graham Crackers or Toast

**Lunch:** Entrees (listed on each day's menu) **OR** Hamburger, Cheeseburger, PB & Jelly, Toasted Cheese Sandwich, Hot Dogs & Chicken Patties. Fresh Fruit when available.

<b>Breakfast</b>	<b>Lunch</b>
<b>\$1.35</b>	<b>\$2.40</b>

We provide free and reduced-price breakfast (\$.30) and lunch (\$.40) for eligible students. Please call your school for details.

**Kent County Public Schools Food Services**

### Featured Specials of the Day

#### Wednesday, February 1

**Breakfast:** Scrambled Eggs, Bacon & Toast, Fruit or Juice  
**Lunch:** Ultimate Flat Bread w/Sauce, Broccoli, Fresh Apple, Oatmeal Raisin Cookie

#### Thursday, February 2

**Breakfast:** Sausage Pancake on a Stick, Fruit or Juice  
**Lunch:** Tacos on a Soft Tortilla Shell, Lettuce & Tomato Cup, Cheese Cup, Corn, Fruit Mix

#### Friday, February 3

**Breakfast:** Strawberry Blast Pancakes, Fruit or Juice  
**Lunch:** Pork Ribbie Sandwich on Whole Wheat Roll, Baked Beans, Carrot Sticks w/Dip, Fresh Orange

#### Monday, February 6

**Breakfast:** French Toast Sticks w/Spiced Apple Topping, Fruit or Juice  
**Lunch:** Ravioli w/Sauce, Corn, Fresh Pear, Whole Wheat Bread Stick

#### Tuesday, February 7

**Breakfast:** Bagel w/Cream Cheese, Fruit or Juice  
**Lunch:** Brunch for Lunch, Quiche, Hash Brown Potato, Applesauce, English Muffin, Whole Wheat Sugar Cookie

#### Wednesday, February 8

**Breakfast:** Egg and Cheese Biscuit, Fruit or Juice  
**Lunch:** Sloppy Joe on Whole Wheat Roll, Sweet Potato Fries, Black Bean Salad, Fruit Mix

#### Thursday, February 9

**Breakfast:** Sausage Pancake on a Stick, Fruit or Juice

**top chef menus** STUDENT CREATED, STUDENT CHOSEN

**Lunch:** Mandarin Sesame Chicken, Broccoli, Pineapple, Whole Wheat Dinner Roll

#### Friday, February 10

**Breakfast:** Waffles, Fruit or Juice  
**Lunch:** Whole Wheat Pizza, Romaine Salad w/Dressings, Fresh Orange, Vanilla Pudding



Every complete meal we serve includes your choice of fat-free or 1% white milk or fat-free chocolate

**top chef menus**  
 STUDENT CREATED,  
 STUDENT CHOSEN

Some of the featured items on our menus this year were created by Kent County students and chosen by student judges. Look for "Top Chef Menus" here on the menu and on the lunch line!

### Featured Specials of the Day

#### Monday, February 13

**Breakfast:** Whole Wheat Apple Roll, Fruit or Juice  
**Lunch:** Chicken Parmesan w/Whole Wheat Spaghetti, Green Beans, Fresh Apple Garlic Bread

#### Tuesday, Feb. 14 *Happy Valentine's Day*

**Breakfast:** Peach Oatmeal Muffin Square, Fruit or Juice  
**Lunch:** Whole Wheat Pizza, Broccoli, Pears, Cherry Jell-o w/Topping, Gingerbread

#### Wednesday, February 15

**Breakfast:** Scrambled Eggs, Scrapple & Toast, Fruit or Juice  
**Lunch:** Chili Con Carne w/Beans, Nacho Chips, Salsa, Glazed Carrots, Pineapple

#### Thursday, February 16

**Breakfast:** Sausage Pancake on a Stick, Fruit or Juice  
**Lunch:** Oven Baked Chicken, Au gratin Potatoes Peas, Fresh Orange, Apple Crisp

#### Friday, February 17

**Breakfast:** French Toast Sticks w/Spiced Apple Topping, Fruit or Juice  
**Lunch:** Lasagna w/Meat Sauce, Whole Wheat Pasta Salad, Kale, Fruit Mix, Whole Wheat Bread Stick

## Featured Specials of the Day



**Monday, February 20**

**Presidents' Day  
No School Today**



**Tuesday, February 21**

Breakfast: Pancakes, Fruit or Juice

Lunch: Popcorn Chicken Bites w/Dipping Sauces, Macaroni & Cheese, Broccoli, Fresh Pear, Whole Wheat Bread Stick

**Wednesday, February 22**

Breakfast: Egg, Ham and Cheese Biscuit, Fruit or Juice

Lunch: Whole Wheat Spaghetti, Romaine Salad w/Dressings, Fresh Orange, Garlic Bread

**Thursday, February 23**

Breakfast: Sausage Pancake on a Stick, Fruit or Juice

Lunch: Shepard's Pie w/Gravy, Corn, Fruit Mix, Home Made Corn Bread, Whole Wheat Sugar Cookie

**Friday, February 24**

Breakfast: Waffles, Fruit or Juice

Lunch: Fish Sandwich on Whole Wheat Roll, Home Made Bean Soup, Spinach, Applesauce

**Monday, February 27**

Breakfast: French Toast Sticks, Fruit or Juice

Lunch: Ultimate Flat Bread w/Sauce, Corn, Kale, Fresh Apple

**Tuesday, February 28**

Breakfast: Breakfast Pizza, Fruit or Juice

Lunch: Pizza Burger on Whole Wheat Roll, Baked Beans, Potato Gems, Pears

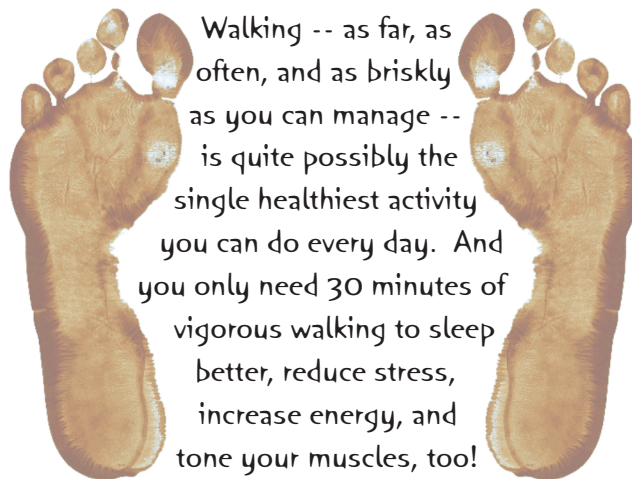
**Wednesday, February 29**

Breakfast: Peach Oatmeal Muffin Square, Fruit or Juice

Lunch: Meat Loaf, Mashed Potatoes w/Gravy, Green Beans, Peach Crisp, Hot Roll

Please see reverse for items available daily

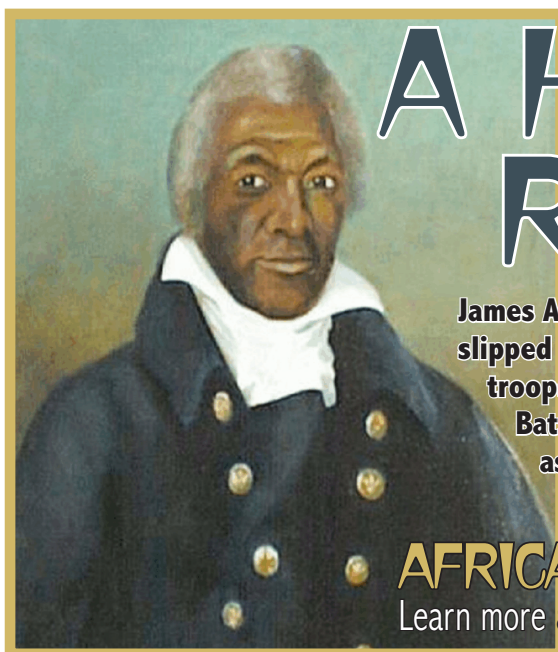
## MAKE SOME TRACKS.



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!**

**49** BY THE NUMBERS  
IN 1900, AMERICANS' AVERAGE LIFE EXPECTANCY WAS 49 YEARS. BY 2007, THE AVERAGE HAD GONE UP TO 78.



## A HERO OF THE REVOLUTION

James Armistead was a Revolutionary War patriot and spy. He slipped behind enemy lines and obtained information about British troops in Virginia that helped the American side win the war at the Battle of Yorktown. He later added the last name "Lafayette" as a tribute to French General Lafayette who fought with George Washington and the Americans during the war.

**AFRICAN AMERICAN HISTORY MONTH**

Learn more at [blackpast.org](http://blackpast.org) or do a search for James Armistead Lafayette

# FIT FAT

WANNA STAY FIT?  
FIGHT THE FAT!

**ITEM: Cheese Puffs**  
**VERDICT: You'll puff, too.**

**TIP:** Like many salty snacks, cheese puffs are high in fat and calories and low in nutrition value. Unlike most salty snacks, cheese puffs stain your fingers orange. You decide if this is a good thing.



Numbers based on a 1 oz. serving, and that's not very many puffs. The label says 0g trans fat, but they're allowed to say that if it's less than .5 grams per serving, which, again, can really add up.