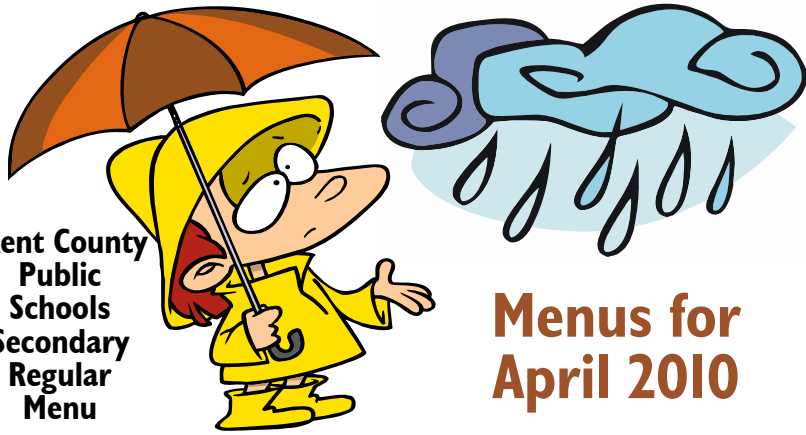


**Kent County
Public
Schools
Secondary
Regular
Menu**



**Menus for
April 2010**

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.

Thursday, April 8

Breakfast
Cereal or Hot Oatmeal
w/ graham crackers
or toast
Fruit or Juice

Lunch
Chicken Nuggets
w/ dipping sauces
Kale
Baked Beans
Apricots
Whole Wheat Rolls

Friday, April 9

Breakfast
Bagler w/ cream cheese
Fruit or Juice

Lunch
Assorted Pizza
Glazed Carrots
Fresh Apple
Whole Wheat
Sugar Cookies

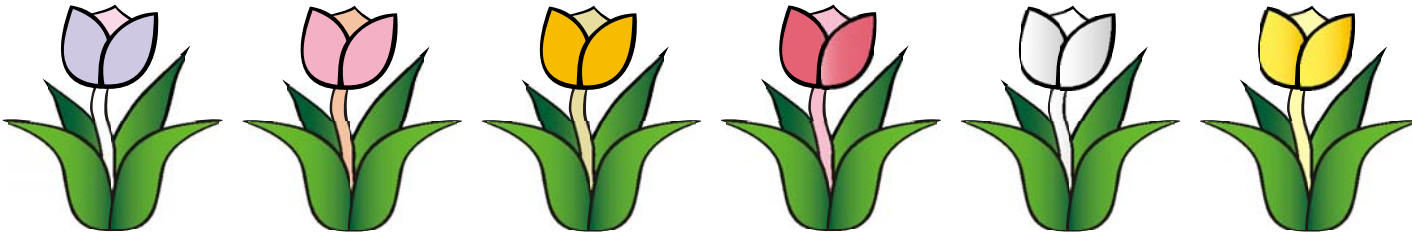
Available Daily

Breakfast
Fruit or 100% Fruit Juice
Choice of Cereal or Yogurt
w/ graham crackers or Toast

Lunch
Hamburger or Cheeseburger, PB&J,
Toasted Cheese Sandwich,
Hot Dogs or Chicken Patties
Fresh Fruit when available,
Wheat and White Bread Basket

S P R I N G

B R E A K



**Break begins at the end of classes:
Wednesday March 31**

**Classes resume:
Thursday, April 8**

**Still the
Best Deal in Town**

Breakfast	Lunch
\$1.25	\$2.25

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

Monday, April 12

Breakfast
Waffles
Fruit or Juice

Lunch
Pizza Burger
French Fries
Kale
Baked Apple Slices

Tuesday, April 13

Breakfast
Scrambled Eggs, Sausage
and toast

Lunch
Brunch for Lunch
Quiche
Sausage Patty
Whole Wheat Pancake
Hash Browns
Peaches

Wed., April 14

Breakfast
Blueberry Muffin
w/ graham crackers

Lunch
Chili Con Carne
w/ beans
Mexicali Corn
Salsa
Nacho Chips
Pears

Thursday, April 15

Breakfast
Breakfast Pizza
Fruit or Juice

Lunch
Turkey Supreme w/ dressing
Broccoli
Apricot Crisp
Sweet Potato Pie w topping
Cranberry Sauce
Whole Wheat Roll

Friday, April 16

Breakfast
Oatmeal Muffin Square
Fruit or Juice

Lunch
Assorted Pizza
Garden Salad w/
Dressings
Fresh Orange
Rice Pudding w/ raisins

Word of the Month

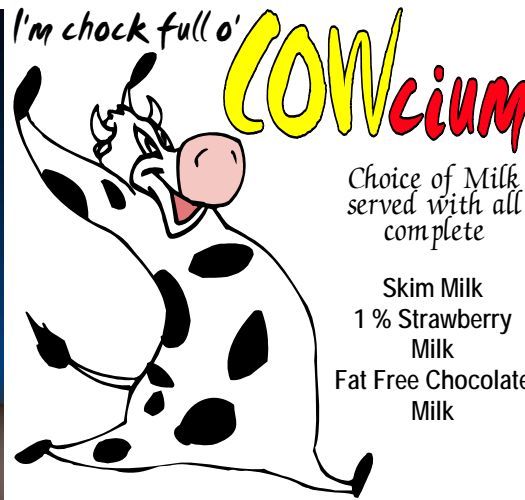
co·op·er·a·tion

n. 1. working together for the common good; teamwork 2. mutual help and assistance among people on a project or effort

Happy
Earth
Day
To
You!



April 22 is
the 40th
Anniversary
of the first
Earth Day



Choice of Milk
served with all
complete

Skim Milk
1 % Strawberry
Milk
Fat Free Chocolate
Milk

We are pleased to provide
**FREE AND
REDUCED-PRICE
MEALS**

for all students who qualify. It's simple to apply
and we accept applications all year.
Pick up your application at your school or the
Central Office

Monday, April 19

Breakfast

Bagler w/ cream cheese
Fruit or Juice

Lunch

Chicken Nuggets w/
dipping sauces
Rice Pilaf w/w beans
Apricots
Frozen Peas
Whole Wheat Roll

Tuesday, April 20

Breakfast

Breakfast Pizza
Fruit or Juice

Lunch

Toasted Cheese Sandwich
Bean Soup
Carrot Sticks
Applesauce
Home made Brownies

Wed, April 21

Breakfast

Breakfast Burrito
Fruit or Juice

Lunch

Whole Wheat Spaghetti
w/ meat sauce
Garden Salad w/ dressings
Pineapple
Whole Wheat Bread Stick

Thursday, April 22

Breakfast

Pancakes
Fruit or Juice

Lunch

Turkey Wrap
Lettuce and Pickle Cup
Broccoli
Fresh Apple
Oatmeal Raisin Cookie

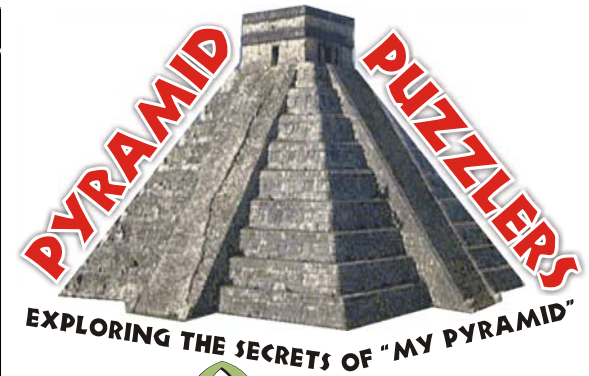
Friday, April 23

Breakfast

Egg, Sausage and
Cheese Biscuit
Fruit or Juice

Lunch

Assorted Pizza
Baked Beans
Salsa w/ nacho chips
Fruit Mix



**Q: Where do
we get our
tomatoes?**



Monday, April 26

Breakfast

Whole Wheat
Breakfast Bun
Fruit or Juice

Lunch

Pop Corn Chicken Bites
w/ sauces
Potato Gems
Broccoli
Peach Crisp
Hot Roll

Tuesday, April 27

Breakfast

Scrambled Eggs,
Bacon and toast
Fruit or Juice

Lunch

Toasted Cheese Sandwich
Tomato Soup
Baked Beans
Pears

Wed., April 28

Breakfast

Cereal or Hot Oatmeal w/
toast or graham crackers
Fruit or Juice

Lunch

Lasagna w/ meat sauce
Garden Salad w/
Dressings
Fresh Orange
Whole Wheat
Bread Stick

Thursday, April 29

Breakfast

Waffles
Fruit or Juice

Lunch

Turkey Tacos w/ salsa
Cheese Cup
Lettuce and Tomato Cup
Green Beans
Applesauce
Jell-O w/ topping

Friday, April 30

Breakfast

Breakfast Pizza
Fruit or Juice

Lunch

Assorted Pizza
Carrot Sticks
Pineapple
Whole Wheat
Sugar Cookie

A: The average American eats 22 pounds of tomatoes a year, and all of them came from a vine somewhere. But less than half the tomatoes we eat are fresh. We get most of our tomatoes in processed form, out of a bottle of ketchup or a can of tomato sauce.

**LEARN MORE AT [WWW.KIDSHHEALTH.ORG/
KID/STAY_HEALTHY/FOOD/PYRAMID.HTML](http://WWW.KIDSHHEALTH.ORG/KID/STAY_HEALTHY/FOOD/PYRAMID.HTML)**