


# Menus for February 2012



Kent County Public Schools

## Elementary MMFA Menu -- Rock Hall, Garnett, Worton and Millington

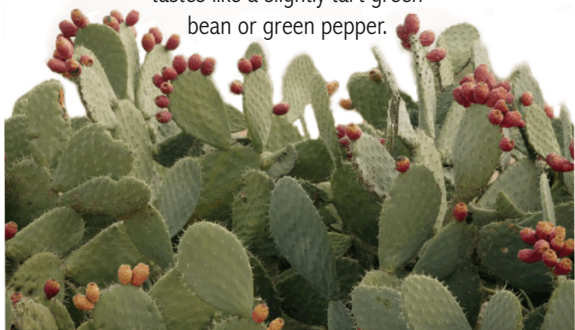
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What's on YOUR plate?

## 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**

Daily Breakfast Special  
Cereal w/Graham Crackers  
Fruit Juice & Skim Milk

LUNCH  
Ultimate Flat Bread  
w/Sauce  
Broccoli  
Fresh Apple

Oatmeal  
Raisin Cookie

**Thursday, February 2**

Daily Breakfast Special  
Sausage Pancake on a Stick  
Fruit Juice & Skim Milk

LUNCH  
Tacos on a Soft  
Tortilla Shell  
Lettuce & Tomato Cup  
Cheese Cup  
Corn  
Fruit Mix



KCPS  
food & nutrition


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!

**Friday, February 3**

Daily Breakfast Special  
Breakfast Bagel  
Fruit Juice & Skim Milk

LUNCH  
Pork Ribbie Sandwich on  
Whole Wheat Roll  
Baked Beans  
Carrot Sticks w/Dip  
Fresh Orange



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

**Monday, February 6**

Daily Breakfast Special  
French Toast Sticks  
Fruit Juice & Skim Milk

LUNCH  
Ravioli w/Sauce  
Corn  
Fresh Pear  
Whole Wheat  
Bread Stick

**Tuesday, February 7**

Daily Breakfast Special  
Breakfast Pizza  
Applesauce & Skim Milk

LUNCH  
Brunch for Lunch  
Quiche  
Hash Brown Potato  
Applesauce  
English Muffin

Whole Wheat  
Sugar Cookie

**Wednesday, February 8**

Daily Breakfast Special  
Cereal w/Graham Crackers  
Fruit Juice & Skim Milk

LUNCH  
Sloppy Joe  
on a Wheat Roll  
Sweet Potato Fries  
Black Bean Salad  
Fruit Mix

**Thursday, February 9**

Daily Breakfast Special  
Sausage Pancake  
on a Stick  
Apple Slices & Skim Milk

LUNCH

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

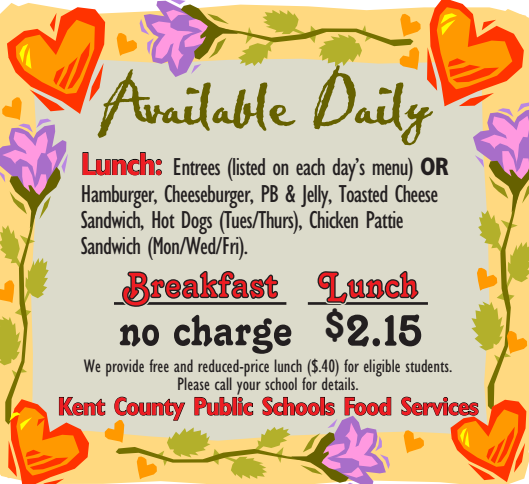
Mandarin Sesame Chicken  
Broccoli  
Pineapple  
Whole Wheat Roll

**Friday, February 10**

Daily Breakfast Special  
Strawberry Blast  
Pancakes  
Fruit Juice & Skim Milk

LUNCH  
Whole Wheat Pizza  
Romaine Salad  
w/Dressings  
Fresh Orange

Vanilla Pudding



Available Daily

**Lunch:** Entrees (listed on each day's menu) OR  
Hamburger, Cheeseburger, PB & Jelly, Toasted Cheese  
Sandwich, Hot Dogs (Tues/Thurs), Chicken Pattie  
Sandwich (Mon/Wed/Fri).

**Breakfast Lunch**  
**no charge \$2.15**

We provide free and reduced-price lunch (\$4.00) for eligible students.  
Please call your school for details.

Kent County Public Schools Food Services

Monday, February 13

Daily Breakfast Special

Apple Strudel  
Fruit Juice & Skim Milk

LUNCH

Chicken Parmesan w/Whole  
Wheat Spaghetti  
Green Beans  
Fresh Apple  
Garlic Bread

Tuesday, February 14

*Happy Valentine's Day*

Daily Breakfast Special

Breakfast Bagel  
Applesauce, Fruit Juice &  
Skim Milk

LUNCH

Whole Wheat Pizza  
Broccoli  
Pears

Cherry Jell-o  
w/Topping  
Gingerbread

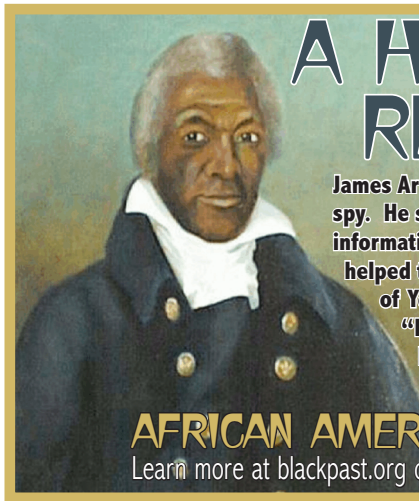
Wed., February 15

Daily Breakfast Special

Cereal w/Graham Crackers  
Fruit Juice & Skim Milk

LUNCH

Chili Con Carne w/Beans  
Nachos Chips  
Salsa  
Glazed Carrots  
Pineapple



# 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

Thursday, February 16

Daily Breakfast Special

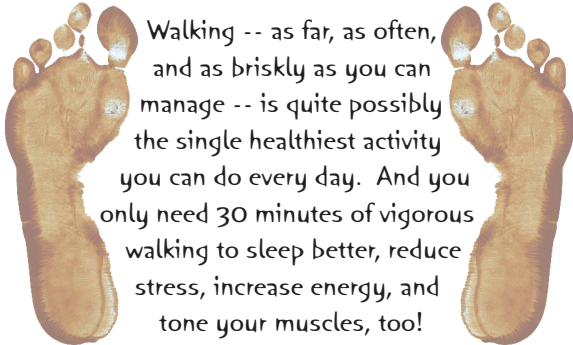
Sausage Pancake on a Stick  
Fruit Juice & Skim Milk

LUNCH

Oven Baked Chicken  
Au gratin Potatoes  
Peas  
Fresh Orange

Apple Crisp

## 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!**

Friday, February 17

Daily Breakfast Special

Whole Wheat Apple Roll  
Fruit Juice & Skim Milk

LUNCH

Lasagna w/Meat Sauce  
Whole Wheat Pasta Salad  
Kale  
Fruit Mix  
Whole Wheat Bread Stick

Monday, February 20

*Presidents' Day*



*No School Today*

Tuesday, February 21

Daily Breakfast Special

Pizza Bagel  
Applesauce & Skim Milk

LUNCH

Popcorn Chicken Bites  
w/Dipping Sauces  
Macaroni & Cheese  
Broccoli  
Fresh Pear  
Whole Wheat Breadstick

Wed., February 22

Daily Breakfast Special

Cereal w/Graham Crackers  
Fruit Juice & Skim Milk

LUNCH

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

Taste Testing Today  
**Home Made  
Corn Bread**

Thursday, February 23

Daily Breakfast Special

Sausage Pancake on a Stick  
Apple Slices & Skim Milk

LUNCH

Shepherd's Pie w/Gravy  
Corn  
Fruit Mix  
Home Made Corn Bread

Whole Wheat  
Sugar Cookie

Friday, February 24

Daily Breakfast Special

Strawberry Blast  
Pancakes  
Fruit Juice & Skim Milk

LUNCH

Fish Sandwich  
on a Whole Wheat Roll  
Home Made Bean Soup  
Spinach  
Applesauce

Monday, February 27

Daily Breakfast Special

French Toast Sticks  
Fruit Juice & Skim Milk

LUNCH

Ultimate Flat Bread  
w/Sauce  
Corn  
Kale  
Fresh Apple



## FEBRUARY BIRTHDAYS

Langston Hughes -- Feb. 1  
Rosa Parks -- Feb. 4  
Alice Walker (68) -- Feb. 9  
Abraham Lincoln -- Feb. 12  
Frederick Douglass -- Feb. 14  
George Washington -- Feb. 22



Tuesday, February 28

Daily Breakfast Special

Breakfast Pizza  
Applesauce & Skim Milk

LUNCH

Pizza Burger on  
Whole Wheat Roll  
Potato Gems  
Baked Beans  
Pears

# 365.2422

That's how many days it takes the earth to orbit the sun... and that's why we have leap year. We add a day to the month of February every four years to make up for the .2422 days that just won't fit in our regular year!



# LEAP YEAR 2012

Wed., February 29

Daily Breakfast Special

Cereal w/Graham Crackers  
Fruit Juice & Skim Milk

LUNCH

Meatloaf  
Mashed Potatoes w/Gravy  
Green Beans  
Hot Roll

Peach Crisp