



## Kent County Middle School

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*Available Daily*

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

**Breakfast**      **Lunch**  
 no charge      \$2.40

We provide free and reduced-price 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: Cereal w/Graham Crackers, Fruit Juice, Skim Milk  
 Lunch: Ultimate Flat Bread w/Sauce, Broccoli, Fresh Apple,  
 Oatmeal Raisin Cookie

#### Thursday, February 2

Breakfast: Sausage Pancake on a Stick, Apple Slices, Skim Milk  
 Lunch: Tacos on a Soft Tortilla Shell, Lettuce & Tomato Cup,  
 Cheese Cup, Corn, Fruit Mix

#### Friday, February 3

Breakfast: Breakfast Bagel, Fruit Juice, Skim Milk  
 Lunch: Pork Ribbie Sandwich on Whole Wheat Roll,  
 Baked Beans, Carrot Sticks w/Dip, Fresh Orange

#### Monday, February 6

Breakfast: French Toast Sticks, Fruit Juice, Skim Milk  
 Lunch: Ravioli w/Sauce, Corn, Fresh Pear,  
 Whole Wheat Bread Stick

#### Tuesday, February 7

Breakfast: Breakfast Pizza, Applesauce, Skim Milk  
 Lunch: Brunch for Lunch, Quiche, Hash Brown Potato,  
 Applesauce, English Muffin, Whole Wheat Sugar Cookie

#### Wednesday, February 8

Breakfast: Cereal w/Graham Crackers, Fruit Juice, Skim Milk  
 Lunch: Sloppy Joe on Whole Wheat Roll, Sweet Potato Fries,  
 Black Bean Salad, Fruit Mix

#### Thursday, February 9

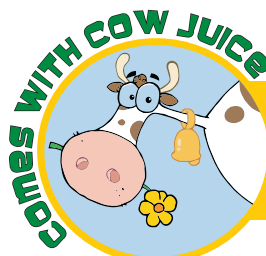
Breakfast: Sausage Pancake on a Stick, Apple Slices, Skim Milk

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

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

#### Friday, February 10

Breakfast: Strawberry Blast Pancakes, Fruit Juice, Skim Milk  
 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

**KCPS**  
 food&nutrition



*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: Apple Strudel, Fruit Juice, Skim Milk  
 Lunch: Chicken Parmesan w/Whole Wheat Spaghetti,  
 Green Beans, Fresh Apple Garlic Bread

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

Breakfast: Breakfast Bagel, Applesauce, Fruit Juice, Skim Milk  
 Lunch: Whole Wheat Pizza, Broccoli, Pears  
 Cherry Jell-o w/Topping, Gingerbread

#### Wednesday, February 15

Breakfast: Cereal w/Graham Crackers, Fruit Juice, Skim Milk  
 Lunch: Chili Con Carne w/Beans, Nacho Chips, Salsa,  
 Glazed Carrots, Pineapple

#### Thursday, February 16

Breakfast: Sausage Pancake on a Stick, Apple Slices, Skim Milk  
 Lunch: Oven Baked Chicken, Au gratin Potatoes Peas,  
 Fresh Orange, Apple Crisp

#### Friday, February 17

Breakfast: Whole Wheat Apple Roll, Fruit Juice, Skim Milk  
 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: Maple Flavored Pancakes Applesauce, Skim Milk  
Lunch: Popcorn Chicken Bites w/Dipping Sauces, Macaroni & Cheese, Broccoli, Fresh Pear, Whole Wheat Bread Stick

**Wednesday, February 22**

Breakfast: Cereal w/Graham Crackers, Fruit Juice, Skim Milk  
Lunch: Whole Wheat Spaghetti, Romaine Salad w/Dressings, Fresh Orange, Garlic Bread

**Thursday, February 23**

Breakfast: Sausage Pancake on a Stick, Apple Slices, Skim Milk  
Lunch: Shepard's Pie w/Gravy, Corn, Fruit Mix, Home Made Corn Bread, Whole Wheat Sugar Cookie

**Friday, February 24**

Breakfast: Strawberry Blast Pancakes, Fruit Juice, Skim Milk  
Lunch: Fish Sandwich on Whole Wheat Roll, Home Made Bean Soup, Spinach, Applesauce

**Monday, February 27**

Breakfast: French Toast Sticks, Fruit Juice, Skim Milk  
Lunch: Ultimate Flat Bread w/Sauce, Corn, Kale, Fresh Apple

**Tuesday, February 28**

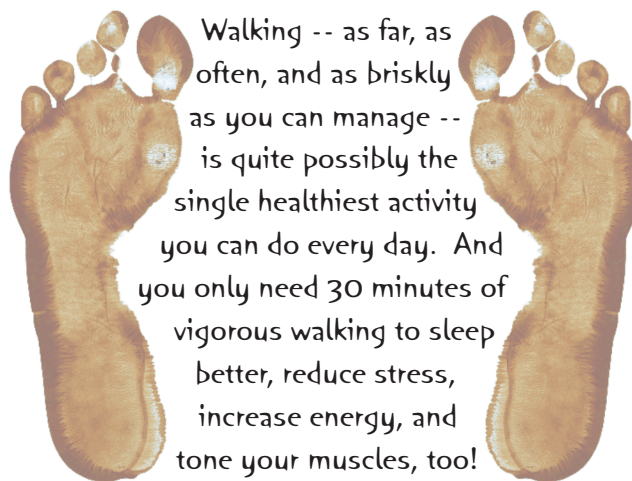
Breakfast: Breakfast Pizza, Applesauce, Skim Milk  
Lunch: Pizza Burger on Whole Wheat Roll, Baked Beans, Potato Gems, Pears

**Wednesday, February 29**

Breakfast: Cereal w/Graham Crackers, Fruit Juice, Skim Milk  
Lunch: Meat Loaf, Mashed Potatoes w/Gravy, Green Beans, Peach Crisp, Hot Roll

Please see reverse for items available daily

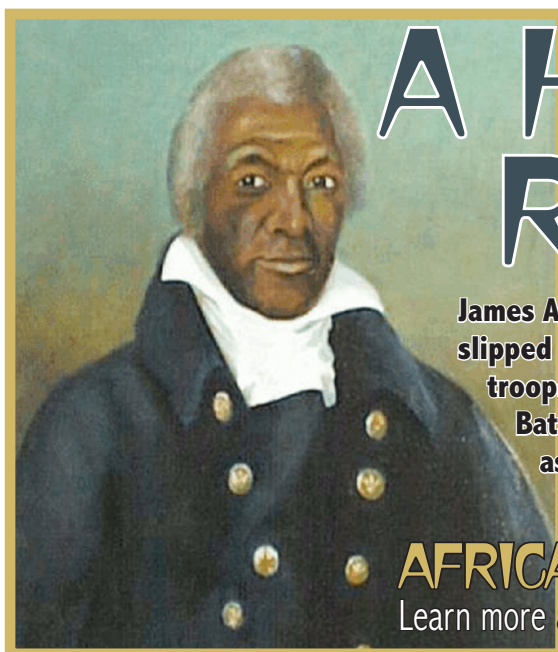
## MAKE SOME TRACKS.



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.