

Menus for February 2012



Lewes School

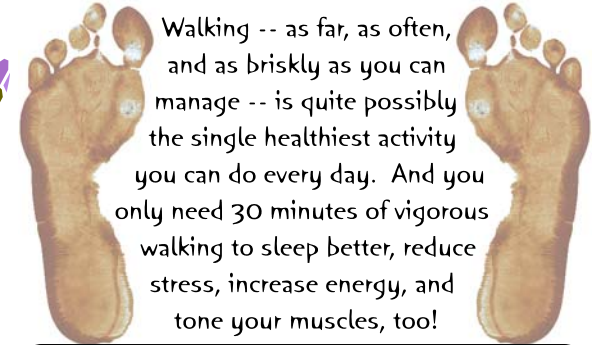
This institution is an equal opportunity provider.

Available Daily

Breakfast: Yogurt, Graham Crackers, Toast, Fruit, & Fruit Juice

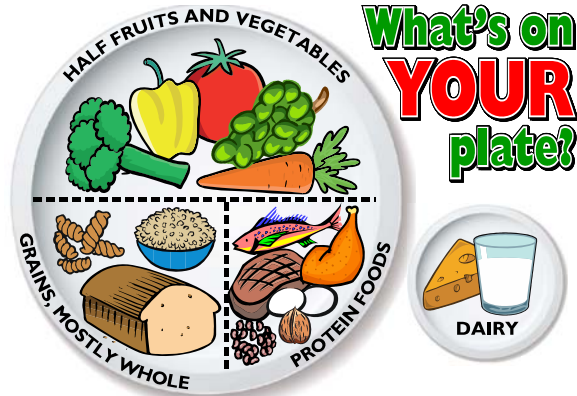
Lunch: Chef's Salad ~ Crackers Yogurt ~ Crackers Peanut Butter & Jelly Sandwich Tuna Sandwich, Ham & Cheese & Egg Salad Sandwich (Includes Two Sides + Milk!) Skim Milk, 1% Milk, Fat Free Chocolate

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!



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 or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Go Foods are Eat Almost Anytime Foods

Follow Smiley Face, our eat smart friend, to know which foods to choose!

Wednesday, February 1

Breakfast
Mini Cinni

Lunch
Hot Dog on Bun

Choice of Two
Baked Beans
☺ Sauerkraut
☺ Mandarin Orange Fruit Juice

Soup: Cream of Potato
**Bonus: Sunchips*

Thursday, February 2

Breakfast
Sausage & Egg English Muffin

Lunch
Fish Filet
☺ ~On Whole Wheat Roll

Choice of Two
Mac-n-Cheese
Stewed Tomatoes
☺ Spinach, Applesauce Fruit Juice

Soup: Manhattan Clam

Friday, February 3

Breakfast
Waffle Stix

Lunch
Cheese Steak on Bun

Choice of Two
Fries
☺ Lettuce & Tomato
☺ Chilled Peaches Juice

Soup: Chef's Choice

Monday, February 6

Breakfast
Assorted Cold Cereal

Lunch
Chicken Nuggets
☺ ~Warm Roll

Choice of Two
Parsley Potatoes
☺ Peas & Carrots
☺ Pineapple Tidbits Juice

Soup: Peas-n-Dumplings

Tuesday, February 7

Breakfast
Breakfast Bagel

Lunch
Pizza Dipper w/wo Marinara Sauce

Choice of Two
☺ California Blend Frozen Peaches Fruit Juice

Soup: Beef Noodle
**Bonus: Birthday Cake!*

Wednesday, February 8

Breakfast
Assorted Muffin

Lunch
Hot Ham and Cheese on Pretzel Bun

Choice of Two
☺ Winter Mix
☺ Applesauce Fruit Juice

Soup: Cream of Broccoli

Thursday, February 9

Breakfast
Whole Grain Cinnamon Bun

Lunch
Cheese Pizza
Pepperoni Pizza

Choice of Two
☺ Green Beans
☺ Pears Fruit Juice

Soup: Chef's Choice

Friday, February 10

No School Today