

Menus for May 2010



Kent County Public Schools Secondary MMFA Menu

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.

Available Daily

Breakfast
Fruit or 100% Fruit Juice

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



Cinco de Mayo (May 5th) celebrates a great Mexican military victory in 1862.



Monday, May 3	Tuesday, May 4	Wed., May 5	Thursday, May 6	Friday, May 7
<p>Breakfast Baglers w/ cream cheese Fruit Juice</p> <p>Lunch Chicken Nuggets w/ sauces Kale Rice Pilaf w/ kidney beans Pineapple Whole Wheat Sugar Cookies</p>	<p>Breakfast Cinnamon Pancakes Applesauce</p> <p>Lunch Spaghetti w/ meat sauce Green Beans Fruit Mix Carrot Cake Hot Biscuit</p>	<p>Breakfast Breakfast Pizza Fruit Juice</p> <p>Lunch Nachos w/ Ground Beef Lettuce & Tomato Cup Salsa Broccoli Fresh Apple</p>	<p>Breakfast Whole Wheat Breakfast Bunx</p> <p>Lunch Turkey and Noodles Peas Carrot Sticks w/ dip Apricots Whole Wheat Bread Sticks</p>	<p>Breakfast Muffin w/ graham crackers Fruit or Juice</p> <p>Lunch Assorted Pizza Garden Salad w/ Dressings Nacho w/ salsa Fresh Orange Jell-o w/ topping</p>

GET DOWN WITH THE BROWN.

Whole grain foods (which are usually brown) are better for you than the white stuff. So when you can, try to choose whole wheat pasta and bread, whole grain cereal, and brown rice.



EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER. WELLNESS IS A WAY OF LIFE!

Monday, May 10	Tuesday, May 11	Wed., May 12	Thursday, May 13	Friday, May 14
<p>Breakfast Whole Wheat Breakfast Bun Fruit or Juice</p> <p>Lunch Popcorn Chicken Bites w/ dip Sweet Potatoes w/ apples Peas Fruit Mix Whole Wheat Bread Sticks</p>	<p>Breakfast Egg, Sausage and Cheese Biscuit Fruit or Juice</p> <p>Lunch Cheesy Garlic Flat Bread w/ spaghetti sauce Carrot Sticks w/ dip Pineapple Oatmeal Raisin Cookie</p>	<p>Breakfast Breakfast Pizza Fruit or Juice</p> <p>Lunch Chili Con Carne w/ Beans Mexicali Corn Nacho Chips Salsa Fresh Apple Homemade Corn Bread</p>	<p>Breakfast Waffles Fruit or Juice</p> <p>Lunch Hot or Cold Turkey Sandwich Mashed Potatoes w/ gravy Broccoli Apricots</p>	<p>Breakfast Bagler w/ cream cheese Fruit or Juice</p> <p>Lunch Assorted Pizza Garden Salad w/ dressings Nachos w/ salsa Fresh Pear Pudding w/ topping</p>

Monday, May 17

Breakfast

Sausage Pancake
on a Stick
Fruit or Juice

Lunch

Toasted Cheese Sandwich
Bean Soup
Carrot Sticks w/ dip
Peas

Tuesday, May 18

Breakfast

Breakfast Pizza
Fruit or Juice

Lunch

Chicken Nuggets w/
dipping sauces
Au gratin Potatoes
Applesauce
Kale
Whole Wheat
Bread Sticks

Wed., May 19

Breakfast

Scrambled Eggs, Sausage
and Toast
Fruit or Juice

Lunch

Lasagna w/ meat sauce
Corn and Green Bean
Casserole
Fresh Oranges
Garlic Bread
Whole Wheat
Sugar Cookies

Thursday, May 20

Breakfast

Bagel w/ cream cheese
Fruit or Juice

Lunch

Turkey Taco
Lettuce and Tomato Cup
Cheese Cup
Salsa
Glazed Carrots
Pineapple
Jell-o w/ topping

Friday, May 21

Breakfast

Waffles w/
spiced apple topping
Fruit or Juice

Lunch

Assorted Pizza
Garden Salad
w/ dressing
Fresh Strawberries
Sweet Potato Brownies

Monday, May 24

Breakfast

Pancakes
Fruit or Juice

Lunch

Cheesy Flat Bread
w/ sauce
Sweet Potato Casserole
Pea
Pineapple
Oatmeal Raisin Cookie

Tuesday, May 25

Breakfast

Breakfast Pizza
Fruit or Juice

Lunch

Pizza Burger
Baked Beans
Kale
Apricots
Pudding w/ topping

Wed., May 26

Breakfast

Breakfast Burritos
Fruit or Juice

Lunch

Spaghetti w/ meat sauce
Cole Slaw
Fresh Pears
Hot Biscuit

Thursday, May 27

Breakfast

Scrambled Eggs, Bacon
and Toast
Fruit or Juice

Lunch

Turkey and Cheese
Sandwich
Lettuce and Pickle Cup
Potato Puffs
Broccoli
Fresh Apple
Whole Wheat
Sugar Cookies

Friday, May 28

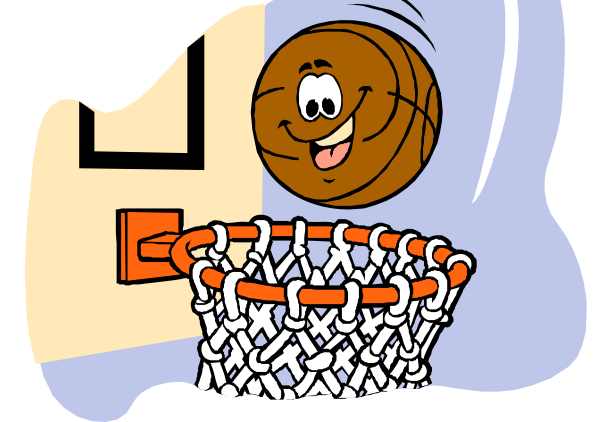
Breakfast

Muffin w/
graham crackers
Fruit or Juice

Lunch

Assorted Pizza
Carrot Sticks w/ dip
Rice Pudding w/ raisins
Jell-o w/ topping

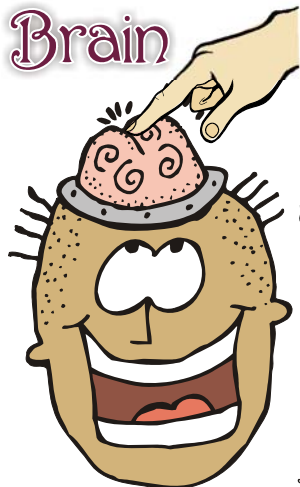
TAKE THE HIGH PERCENTAGE SHOT!



**IT'S A SLAM DUNK!
EAT LUNCH WITH US
EVERY DAY TO DO YOUR
BEST AT SCHOOL & PLAY!**

BREAKFAST LUNCH
\$0.00 \$2.25

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



Brain Ticklers

What is the most important use of cowhide throughout the world?

(Hold the page upside down and read it in a mirror for the answer!)

Hold the page upside down.

NOOOOOOSIE



TO YOUR EARS

Choice of milk served with all complete meal

Skim Milk

1 % White Milk

Non Fat Chocolate



EAT 5 A DAY
for better health

Word of the Month

fair-ness

- n. 1. the ability to make judgments free from discrimination or dishonesty
- 2. the state, quality, or ideal of being just, impartial, and equitable