

# Menus for May 2010



## Kent County Public Schools Secondary Regular Menu

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*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



*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><b>Breakfast</b> Bagler w/ cream cheese Fruit or Juice</p> <p><b>Lunch</b> Chicken Nuggets w/ sauces Kale Rice Pilaf w/ kidney beans Pineapple Whole Wheat Sugar Cookie</p>	<p><b>Breakfast</b> Breakfast Pizza Fruit or Juice</p> <p><b>Lunch</b> Spaghetti w/ meat sauce Green Beans Fruit Mix Carrot Cake Hot Biscuit</p>	<p><b>Breakfast</b> Scrambled Eggs, Scrapple and Toast Fruit or Juice</p> <p><b>Lunch</b> Nachos w/ Ground Beef Lettuce &amp; Tomato Cup Salsa Broccoli Fresh Apple</p>	<p><b>Breakfast</b> Pancakes Fruit or Juice</p> <p><b>Lunch</b> Turkey and Noodles Peas Carrot Sticks w/ dip Apricots Whole Wheat Bread Sticks</p>	<p><b>Breakfast</b> Muffin w/ graham crackers Fruit or Juice</p> <p><b>Lunch</b> 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><b>Breakfast</b> Whole Wheat Breakfast Bun Fruit or Juice</p> <p><b>Lunch</b> Popcorn Chicken Bites w/ dip Sweet Potatoes w/ apples Peas Fruit Mix Whole Wheat Bread Sticks</p>	<p><b>Breakfast</b> Egg, Sausage and Cheese Biscuit Fruit or Juice</p> <p><b>Lunch</b> Cheesy Garlic Flat Bread w/ spaghetti sauce Carrot Sticks w/ dip Pineapple Oatmeal Raisin Cookie</p>	<p><b>Breakfast</b> Breakfast Pizza Fruit or Juice</p> <p><b>Lunch</b> Chili Con Carne w/ Beans Mexicali Corn Nacho Chips Salsa Fresh Apple Homemade Corn Bread</p>	<p><b>Breakfast</b> Waffles Fruit or Juice</p> <p><b>Lunch</b> Hot or Cold Turkey Sandwich Mashed Potatoes w/ gravy Broccoli Apricots</p>	<p><b>Breakfast</b> Bagler w/ cream cheese Fruit or Juice</p> <p><b>Lunch</b> 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  
Peaches

**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 Cookie

**Friday, May 28**

**Breakfast**

Muffin w/  
graham crackers  
Fruit or Juice

**Lunch**

Assorted Pizza  
Carrot Sticks w/ dip  
Peaches  
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!**

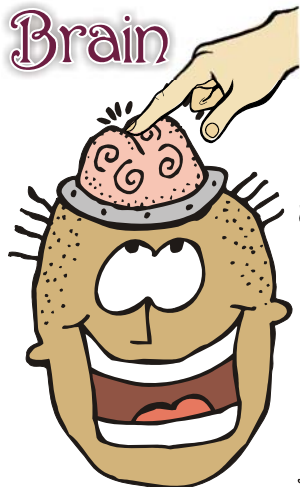
**BREAKFAST**

**\$1.25**

**LUNCH**

**\$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 cow together.

## NOOOOOSIE



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