

# Menus for May 2010



**Cape Henlopen School District—Richard Shields**  
 This institution is an equal opportunity provider and employer.



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



## Available Daily

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

**Lunch: Chef's Salad ~ Crackers  
 Yogurt ~ Crackers  
 Peanut Butter & Jelly Sandwich  
 Tuna Sandwich  
 Ham & Cheese Sandwich  
 (Includes Two Sides + Milk!)**



Monday, May 3	Tuesday, May 4	Wed., May 5	Thursday, May 6	Friday, May 7
<b>Breakfast</b> Assorted Cereal or Yogurt	<b>Breakfast</b> Breakfast Pizza or Yogurt	<b>Breakfast</b> Hot Ham & Cheese Biscuit or Yogurt	<b>Breakfast</b> Sausage Pancake on Stick or Yogurt	<b>Breakfast</b> Bagel w/wo Cream Cheese or Yogurt
<b>Lunch</b> Pizza Dipper w/wo Marinara Sauce	<b>Lunch</b> Chicken Nuggets ~ Warm Roll	<b>Lunch</b> Nachos w/Ground Beef ~ Cheese	<b>Lunch</b> Pizza	<b>Lunch</b> Stacked Turkey on Whole Wheat Bun
<b>Choice of Two</b> Steamed Broccoli Fruit Mix Fruit Juice <i>Soup of the Day: CK Rice</i>	<b>Choice of Two</b> Macaroni Salad Fresh Veggies w/Dip Frozen Peach Cup, Fruit Juice <i>Soup of the Day: Ck &amp; Dumplings</i>	<b>Choice of Two</b> Spanish Rice Corn Fruit Variety, Juice <i>Soup of the Day: Vegetable</i>	<b>Choice of Two</b> Tossed Salad w/Lite Dressing Apple Crisp Fruit Juice <i>Soup of the Day: Bunkhouse</i>	<b>Choice of Two</b> Pasta Salad, Lettuce and Tomato, Pears Fruit Juice <i>Soup of the Day: Chef's Choice</i>
Monday, May 10	Tuesday, May 11	Wed., May 12	Thursday, May 13	Friday, May 14
<b>Breakfast</b> Assorted Cereal or Yogurt	<b>Breakfast</b> Sausage Pancake on Stick or Yogurt	<b>Breakfast</b> Whole Grain Cinnamon Bun or Yogurt	<b>Breakfast</b> Egg & Cheese Biscuit or Yogurt	NASCAR in Dover May 16! <b>Breakfast</b> Hot Pocket or Yogurt
<b>Lunch</b> Chicken Tenders ~ Warm Roll	<b>Lunch</b> Meatballs on Roll Mighty Rib on Bun	<b>Lunch</b> Spaghetti w/wo Meat or Marinara Sauce ~ Garlic Toast	<b>Lunch</b> Pizza Burger Cheeseburger on Whole Grain Bun	<b>Lunch</b> Toasted Cheese
<b>Choice of Two</b> Tater Tots, Winter Mix Fruit Mix, Juice <i>Soup of the Day: Broccoli-n-Cheese</i>	<b>Choice of Two</b> Tasty Glazed Carrots Scalloped Potatoes Chilled Pears, Juice <i>Soup of the Day: CK Noodle</i>	<b>Choice of Two</b> Green Beans Fruit Cup, Fruit Juice <i>Soup of the Day: Chef's Choice</i>	<b>Choice of Two</b> Fries, California Blend Fruit Variety, Juice <i>Soup of the Day: Vegetable Beef</i>	<b>Choice of Two</b> Tomato Soup Baby Carrots w/Dip Apple Slices, Juice *Bonus: Sports Crackers! <i>Soup of the Day: Tomato</i> *Check Cut-Off