



DOVER AREA SCHOOL DISTRICT - <i>Eagle's Landing Food Court</i>				Black History Month Special Tasting Menu	
High School Lunch Menu				Ice Cold Milk Daily: Low Fat and Fat Free Plain, Chocolate & Strawberry	
	Kelly Renard, SNS School Nutrition Director krenard@doversd.org			Meal Prices Free & Reduced Lunch - Free Paid Lunches (HS) - \$2.95 Adult Lunches - \$4.25	Please Take 1 Protein and 2 Grains, 2 Vegetables 2 Fruits and Milk to Make a Meal! Minimum of 3 items with one being a Fruit or Vegetable.
	<i>Welcome to Eagle's Landing Food Court. We are happy to serve you!</i>				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
World Cuisine	Dover High School Students! Please join the Black Student Union and the School Nutrition Team in going on a culinary journey to celebrate Black History Month for the first time throughout the month of February. Look for our specially featured meals available on the World Cuisine Line. Grab a Pass Port and get stamps for every day to be eligible to win a gift certificate to the Red Zone!			Our first menu will take us to Southern United States where we will enjoy Black American Inspired recipes.	February 02 Macaroni & Cheese Corn Bread Collard Greens Cucumber Onion Salad Peach Cobbler
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
World Cuisine	During our second week, we will do more exploration of Black American Inspired recipes. Many of these recipes have become favorites for all Americans being dubbed the popular and much loved "Soul Food". On Friday, our journey takes us across the ocean to begin exploring African Cuisine.		February 07 Shredded Chicken BBQ Candied Sweet Potatoes Spicy Green Beans Assorted Fruits Banana Pudding	Friday, we take our journey to West Africa to enjoy the spicy flavors unique to countries like Nigeria. Chicken, peanuts and plantains are commonly eaten here.	February 09 Pepper Chicken w/Jolof Rice Peanut Stew Baked Plantains Citrus Fruit Salad Puff Puff (donut)
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
World Cuisine	Grab your passport as we navigate first to the islands and then back to Africa. It's a tasty week.	February 13 Jerk Chicken Filet Trinidad Corn Soup Oil Down w/Green Bananas (creamy stewed vegetables) Chow (herb seasoned mangos)	Tuesday, we are offering foods enjoyed on the islands of Trinidad and Tobago. Spicy flavors dominate with a sweet finish of mangos.	February 15 Chili Garlic Lime Chicken over white rice Roasted Vegetable Kabobs Tropical Fruit Salad Malva Pudding (jammy moist cake)	Thursday, we return to Africa and visit the eastern side where we are enjoying flavors found in Ethiopia. Vegetables and fragrant spices fill the tray with this meal today.
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
World Cuisine	Is your passport ready, because we are flying to Jamaica mon! Kick back and enjoy a flavorful curry and other island favorites before we head back to Africa to where we will explore flavors of Northern Africa. Get those passports stamped each day we offer our special Black History Month meals.		February 21 Jamaican Chicken Curry Rice and Peas (red beans and rice) Callaloo (simmered greens) Fresh Pineapple	Join us Friday with flavors from Morocco and Egypt. While we do not have a Tangine Oven, we will do our best to bring you the delicious flavors of the region.	February 23 Chicken Tangine Kushari (lentils, rice, chickpeas, pasta) Harira Soup Citrus Fruit Salad Coconut Orange Cake
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
World Cuisine	We end our culinary journey by coming back to the United States for our final flavor destination of Creole and Cajun flavors that often associated with Louisiana. Creole, originally hailing from the West Indies, Spain and France, uses tomatoes and results in a deliciously flavorful food we have come to know and love. Cajun, does not use the tomatoes and is equally flavorful in its own right. Be sure to get your final stamp on Thursday and drop your passport into the treasure chest for a chance to win a gift certificate to The Red Zone!			February 29 Jambalaya Succotash Spicy Greens Hush Puppies Pound Cake with Berries	