

CAPE MAY CITY SCHOOL LUNCH MENU



All lunches include:

1%/Skim Milk Choices Plus 2 choices from:

Fresh Fruit Selections, Chilled Fruit Cup, or 100% Fruit Juice, Hot Vegetable, or Fresh Vegetable. Cracker Basket Available

Daily Alternate choices to featured lunch:

Peanut Butter and Jelly on Whole Wheat Bread

Sandwich of the Week as listed below or Lg Tossed Salad with Turkey or Ham and Cheese with low fat dressing choice

October 2011





Daily Lunch Price

\$2.25 and .40 Reduced Rate

Please send payment in advance. Call us at 884-8485 ext. 230 for account balances or any food service questions. Thank you!

Menu subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p> <p><i>whole grain</i></p> <p>Chicken Nuggets</p> <p>Dinner Roll</p> <p>Sautéed Spinach</p> <p>Chilled Mix Fruit Cup</p>	<p>4</p> <p>Egg, Ham and Cheese on a Whole Wheat Bagel</p> <p>Sweet Potato Wedges</p> <p>Orange Wedges</p>	<p>5</p> <p>Hot Turkey Platter</p> <p>Seasoned Peas</p> <p>Mashed Potatoes</p> <p>U-Peel It Banana</p>	<p>6</p> <p>Pizza Dipper with Sauce and Cheese</p> <p>Caesar Salad</p> <p>Chilled Peach Cup</p>	<p>7</p> <p>School Closed</p> <p>In-Service for Faculty</p> 
		<p>BBQ Ribbie Q Sandwich on a Wheat Kaiser</p>		
<p>10</p> <p>School Closed</p>  <p>Columbus Day</p>	<p>Oct. 11-14th is NATIONAL SCHOOL LUNCH WEEK- LET'S GROW HEALTHY!</p> <p>WE WILL BE TASTING A DIFFERENT VEGGIE EACH DAY THIS WEEK!</p>			
	<p>11- <i>Whole Grain</i></p> <p>Chicken Patty on a Whole Wheat Bun</p> <p>Baked Beans</p> <p>Caesar Salad</p> <p>Chilled Pear Cup</p> <p>Tasting Veggie: Brussels Sprouts</p>	<p>12- Hamburger or Cheeseburger On a Bun</p> <p>Sweet Potato Fries</p> <p>Fresh Banana</p> <p>Tasting Veggie: Zucchini</p>	<p>13- Taco Meat & Tortilla Chips</p> <p>Fiesta Rice</p> <p>Mexican Corn</p> <p>Mixed Fruit Cup</p> <p>Tasting Veggie: Spaghetti Squash</p>	<p>14</p> <p>Ham and Cheese on a whole wheat Kaiser</p> <p>Pasta Salad</p> <p>Fresh Carrots</p> <p>Apples</p> <p>Tasting Veggie: Swiss Chard</p>
	<p>Whole Wheat Bagel & Yogurt</p>			
<p>17</p> <p><i>whole grain</i></p> <p>Chicken Nuggets</p> <p>Dinner Roll</p> <p>Seasoned Peas</p> <p>Chilled Mix Fruit Cup</p>	<p>18</p> <p>Meatball Sandwich on a Long Wheat Roll</p> <p>Seasoned Green Beans</p> <p>Orange Wedges</p> <p>Mini Pretzel Bites</p>	<p>19</p> <p><i>whole grain</i></p> <p>Pasta & Meat Sauce</p> <p>Whole Wheat Bread</p> <p>Caesar Salad</p> <p>U-Peel It Banana</p>	<p>20</p> <p>Pizza w/<i>whole grain crust</i></p> <p>Sautéed Swiss Chard</p> <p>Chilled Peach Cup</p> <p>Animal Crackers</p>	<p>21</p> <p>Turkey & Cheese On a Sub Roll</p> <p>Baby Carrots</p> <p>Sun Chips</p> <p>Fresh Apples</p>
	<p>Ham and Cheese Wrap with Romaine</p>			
<p>24</p> <p><i>whole grain</i></p> <p>Chicken Patty</p> <p>Toasted Chick Peas</p> <p>Sweet Potato Fries</p> <p>Diced Pears</p>	<p>25</p> <p>French Toast Sticks</p> <p>Turkey Sausage Patty</p> <p>Sweet Potato Wedges</p> <p>U-Peel It Orange</p>	<p>26</p> <p>Roast Pork Stir Fry</p> <p>Brown Rice & Oriental Mixed Veggies & a Banana</p>	<p>27</p> <p>Turkey Burger</p> <p><i>whole wheat bun</i></p> <p>Glazed Carrots</p> <p>Mixed Fruit Cup</p>	<p>28</p> <p>Oven Baked Fish Nuggets</p> <p>Whole wheat Roll</p> <p>Seasoned Broccoli</p>
	<p>Toasted Cheese Sandwich on Whole Wheat</p>			
<p>31</p> <p><i>whole grain</i></p> <p>Chicken Nuggets</p> <p>Ghostly Dinner Roll</p> <p>Frankenstein Fries</p> <p>Caesar Salad</p> <p>Chiller Fruit Cup</p> 	<p>1</p> <p>Baked Mac & Cheese</p> <p>Bread and Butter</p> <p>Steamed Broccoli</p> <p>Orange Wedges</p>	<p>2</p> <p>Chicken Quesadilla</p> <p>Brown Rice with Black Beans and Corn</p> <p>U-Peel it Banana</p>	<p>3</p> <p>Pizza Dipper with Sauce and Cheese</p> <p>Seasoned Corn</p> <p>Chilled Peach</p>	<p>4</p> <p>Turkey Hot Dog on a Wheat Bun</p> <p>Baked Beans</p> <p><i>Whole Wheat</i></p> <p>Pasta Salad</p> <p>Apple</p>
	<p>Hamburger or Cheese Burger/Whole Wheat Bun</p>			



Cape May City Elementary School
*** * October 2011 Breakfast Menu * ***



BREAKFAST is served every morning and available to everyone!!
It's a GREAT value ~ and a GREAT way to start the day!

<i>Mondays</i>	<i>Tuesdays</i>	<i>Wednesdays</i>	<i>Thursdays</i>	<i>Fridays</i>
Whole Wheat Bagel With Cream Cheese or Peanut Butter	Egg & Cheese on Whole Wheat Bagel	Whole Wheat Bagel With Cream Cheese or Peanut Butter	French Toast Sticks	Whole Wheat Bagel With Cream Cheese or Peanut Butter
	Breakfast \$1.00		Reduced Rate .30	

Also Available *Whole Grain Cold Cereal Choices*

Daily: *includes Graham Crackers or Wheat Toast*

The Grab and Go Bag = Whole Grain Cereal Bar

Graham Cracker/Fruit Juice Box



All Breakfasts Include: *1% Low Fat/Skim Milk, Choice of 100% Fruit Juice,
 Fresh Fruit Selections or Chilled Fruit Cup*

*** * Cafeteria Policy * ***

Thank you for participating in our **School Breakfast and Lunch Programs**. Our computerized system allows you to place funds on your child's account and meal costs will be deducted when your child comes through the serving line. Payment is to be made in advance or on the day the meal served. Students may charge two meals only. If a student has a past due account and does not bring a meal from home, an alternate meal of a peanut butter & jelly sandwich w/milk or juice will be provided. If you need to know your child's account balance please send a note, call or email us.

Checks can be made to: Cape May Elementary Please be sure your child's name is on the payment. Call us at 884-8485 ext. 230 with any questions or comments. Thank you! ☺

There are 5 school weeks that begin in October:

	<i>Daily</i>	<i>Weekly</i> <i>(5-day wk)</i>	<i>Monthly- 23 days</i> <i>(10/1-11/4)</i>
Breakfast:	\$1.00	\$5.00	\$23.00
Lunch:	\$2.25	\$11.25	\$51.75
Both Meals:	\$3.25	\$16.25	\$74.75

Reduced Rates



	<i>Daily</i>	<i>Weekly</i> <i>(5-day wk)</i>	<i>Monthly-19 days</i> <i>(9/6-9/30)</i>
Breakfast:	.30	\$1.50	\$5.70
Lunch:	.40	\$2.00	\$7.60
Both:	.70	\$3.50	\$13.30

Milk, Juice or Student Snack Purchased Separately .50 a la carte
(no charges to student accounts for extra items)

Healthy snack choices available for a la carte purchase include: Yogurt Cup, Sun Chips, Gold Fish Snacks, Mini Pretzels, Animal Crackers, Our Own Apple or Banana Muffins, and other Fresh Baked items from our kitchen or desserts when available.



Please call us with any questions. 609-884-8485 ext. 230

*Marianne Linnington, Food Service Director * Ginny Hamilton, Kitchen Coordinator*

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