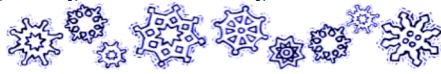


Cape May City Elementary School Lunch Menu



January 2012

Daily Lunch Prices

\$2.25 or .40 Reduced Rate

Please send payment in advance.

See breakfast side of menu for weekly/monthly amounts. Call us at 884-8485 ext. 230 for account balances or any food service questions. Thank you!

Menu subject to change

All lunches include:

1%/Skim Milk Choices Plus 2 choices from:

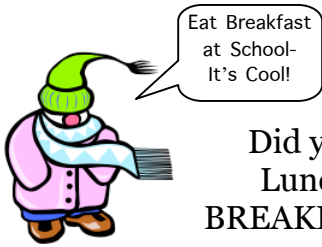
Fresh Fruit Selections, Chilled Fruit Cup, or 100% Fruit Juice, Hot Vegetable, or Fresh Vegetable. Cracker Basket Available

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 & low fat dressing choices

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p>  <p><i>Last day of Winter Break</i></p>	<p>3</p> <p><i>whole grain</i></p> <p>Chicken Nuggets Slice of Wheat Bread Peas and Carrots Tossed Salad Chilled Pear Cup</p>	<p>4</p> <p>Hamburger On a Wheat Bun Sweet Potato Fries Chilled Peaches</p>	<p>5</p> <p>Turkey Taco Meat & Tortilla Chips Fiesta Rice Black Beans & Corn Choice of Fruit Mixed Fruit Cup</p>	<p>6</p> <p>Hot Ham & Cheese On a Wheat Bun Pasta Salad Baby Carrots Apple Slices</p>
		Whole Wheat Bagel & Yogurt		
<p>9</p> <p><i>whole grain</i></p> <p>Chicken Patty on a Bun Baked Beans Chilled Mix Fruit Cup</p>	<p>10</p> <p>Steak Sandwich Seasoned Broccoli Orange Wedges Fruity Jell-O Cup</p>	<p>11</p> <p><i>whole grain</i></p> <p>Pasta & Meat Balls Bread and Butter Tossed Salad Chilled Pears</p>	<p>12</p> <p>Pizza <i>w/whole grain crust</i> Caesar Salad Chilled Peach Cup Animal Crackers</p>	<p>13</p> <p>Turkey & Cheese On a Sub Roll Baby Carrots Sun Chips Fresh Apples</p>
		Ham and Cheese Wrap with Romaine		
 <p>16</p> <p><i>School Closed</i></p> <p>Martin Luther King, Jr. Day</p>	<p>17</p> <p>French Toast Sticks Turkey Sausage Patty Sweet Potato Puff Mandarin Oranges</p>	<p>18</p> <p>Roast Pork Rice & Beans Oriental Mixed Veggies Pineapple Tidbits</p>	<p>19</p> <p>Turkey Burger <i>whole wheat bun</i> Glazed Carrots Mixed Fruit Cup</p>	<p>20</p> <p>Tuna Salad Hoagie with Romaine GoldFish Snack Delicious Apple Fruity Jello Cup</p>
		Toasted Cheese Sandwich on Whole Wheat		
<p>23</p> <p><i>whole grain</i></p> <p>Chicken Nuggets Dinner Roll Oven Fries Caesar Salad Chilled Mix Fruit Cup</p>	<p>24</p> <p><i>whole wheat pasta</i></p> <p>Baked Macaroni, Ham and Cheese Bread and Butter Steamed Broccoli Orange Wedges</p>	<p>25</p> <p>Chicken Quesadilla Fiesta Rice with Black Beans & Corn Fresh Pear</p>	<p>26</p> <p>Pizza Dipper with Sauce and Cheese Seasoned Spinach Chilled Peach Cup</p>	<p>27</p> <p>Turkey Hot Dog on a Bun Baked Beans <i>Whole Wheat</i> Pasta Salad Apple</p>
		Hamburger Whole Wheat Bun		
<p>30</p> <p><i>whole grain</i></p> <p>Chicken Patty on a Wheat Bun Tossed Salad Chilled Pear Cup</p>	<p>31</p> <p>Hamburger On a Wheat Bun Sweet Potato Fries Mandarin Oranges</p>	<p>1</p> <p><i>whole wheat</i></p> <p>Penne & Meat Balls Bread and Butter Seasoned Spinach Chilled Peaches</p>	<p>2</p> <p>Toasted Ham & Cheese Sandwich Tomato Soup Glazed Carrots Mixed Fruit Cup</p>	<p>3</p> <p>Pizza <i>w/whole grain crust</i> Caesar Salad Toasted Chick Peas Fresh Apple Animal Crackers</p>
		Turkey & Cheese on a Wheat		



Cape May City Elementary School

* * January 2012 Breakfast Menu * *

Did you know that if your child is approved for Free or Reduced Lunch he/she is also approved for Free or Reduced Breakfast? BREAKFAST is served every morning and it is available to everyone!!

<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 Daily: * *Whole Grain Cold Cereal Choices includes Graham Crackers*

All Breakfasts Include: 1% Low Fat or Skim Milk, Choice of 100% Fruit Juice, 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. If your income changes you can always update your free and reduced meals form. Just let us know if you need a new form to complete.

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! ☺

All of us at Cape May Elementary are enjoying our efforts for the **Healthier US School Challenge!** Thank you for your support and encouraging your child to participate in our healthy eating, nutrition education and physical activity programs!

There are 5 school weeks that begin in January:

	<i>Daily</i>	<i>Weekly</i> <i>(5-day wk)</i>	<i>Monthly- 23 days</i> <i>(1/3-2/3)</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-23 days</i> <i>(1/3-2/3)</i>
Breakfast:	.30	\$1.50	\$6.90
Lunch:	.40	\$2.00	\$9.20
Both:	.70	\$3.50	\$16.10

Milk and Juice Purchased Separately .50 a la carte

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

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

email: mlinnington@cmcboe.org * website: www.capemaycityschool.org

