



**Cape May City Elementary School**  
**\* \* September 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>
<b>Whole Wheat Bagel</b> With Cream Cheese or Peanut Butter	<b>Egg &amp; Cheese</b> on Whole Wheat Bagel	<b>Whole Wheat Bagel</b> With Cream Cheese or Peanut Butter	<b>French Toast Sticks</b>	<b>Whole Wheat Bagel</b> With Cream Cheese or Peanut Butter
	<b>Breakfast \$1.00</b>		<b>Reduced Rate .30</b>	

**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 two from: 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 4 school weeks that begin in September:**

	<i>Daily</i>	<i>Weekly</i> <i>(5-day wk)</i>	<i>Monthly-19 days</i> <i>(9/6-9/30)</i>
<b>Breakfast:</b>	\$1.00	\$5.00	\$19.00
<b>Lunch:</b>	\$2.25	\$11.25	\$42.75
<b>Both Meals:</b>	<b>\$3.25</b>	<b>\$16.25</b>	<b>\$61.75</b>

**Reduced Rates**



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

**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*

Email: [mfinnington@capemaycityschool.org](mailto:mfinnington@capemaycityschool.org) \* website: [www.capemaycityschool.org](http://www.capemaycityschool.org)

# Cape May City Elementary School Lunch Menu



All lunches include:

1 % Low Fat/Skim Milk Choices Plus 2 choices from:  
 Fresh Fruit Selections, Chilled Fruit Cup, 100% Fruit Juice,  
 Vegetable Choices, Cracker/Bread Basket Available

*Daily Alternate Choices to Featured Lunch:*

Peanut Butter and Jelly on Whole Wheat Bread,  
 Large Tossed Salad with Diced Turkey/Low fat Cheese,  
 Choice of Low fat Dressing & WW Bun, or  
 Sandwich of the Week as listed below

## September 2011

Daily Lunch Prices

\$2.25 and .40 Reduced

*Please send payment in advance.*

**See Breakfast side of menu for  
 prepaid pricing and policy.**

**Call us at 884-8485 ext. 230 for account  
 balances or questions. Thank you!**

*Menu subject to change*

Monday	Tuesday	Wednesday	Thursday	Friday
* WW = whole wheat product	Please join us as we take the US Schools Healthier Kids Challenge!	You will notice our menus feature many healthy meal choices! ☺	1	2
5  Labor Day  	6 <i>whole grain</i> Chicken Nuggets Dinner Roll Seasoned Peas Chilled Mix Fruit Cup	7 <i>whole grain</i> Pasta & Meat Balls Bread and Butter Tossed Salad U-Peel It Banana	8 Pizza <i>w/whole grain crust</i> Caesar Salad Chilled Peach Cup Animal Crackers	9 Turkey & Cheese On a Sub Roll Baby Carrots Sun Chips Fresh Apples
Sandwich of the Week: Ham and Cheese Wrap with Romaine 				
12 <i>whole grain</i> Chicken Patty on a Bun Toasted Chick Peas Sweet Potato Oven Fries Chilled Pear Cup	13 French Toast Sticks Sausage Patty Hash Brown Sticks Orange Wedges	14 Baked Ziti <i>With whole grain pasta</i> WW Dinner Roll Caesar Salad Banana	15 Hamburger or Cheese Burger <i>On a whole wheat bun</i> Glazed Carrots Mixed Fruit Cup	16 Tuna Salad Wrap with Romaine GoldFish Snack Delicious Apple Fruity Jello Cup ☺
Sandwich of the Week: Toasted Cheese Sandwich on Whole Wheat				
<i>whole grain</i> 19 Chicken Nuggets Dinner Roll Oven Fries Caesar Salad Chilled Mix Fruit Cup	<i>whole wheat pasta</i> 20 Baked Macaroni and Cheese Bread and Butter Steamed Broccoli Orange Wedges	21 Hot Turkey on a Kaiser Tossed Salad Mashed Sweet Potatoes U-Peel it Banana	22 Pizza Dipper with Sauce and Cheese Seasoned Corn Chilled Peach Cup	23 Turkey Hot Dog on a Wheat Bun Baked Beans <i>Whole Wheat</i> Pasta Salad Apple
Sandwich of the Week: Hamburger or Cheese Burger/Whole Wheat Bun				
26 <i>whole grain</i> Chicken Patty on a WW Bun Seasoned Peas Orange Wedges	27 Hamburger or Cheese Burger on WW Bun Sweet Potato Fries Banana	28 <i>whole wheat</i> Pasta & Meat Sauce Bread and Butter Seasoned Spinach Chilled Peaches	29 Toasted Cheese Sandwich Tomato Soup Glazed Carrots Mixed Fruit Cup	30 Cheese Pizza <i>w/whole grain crust</i> Caesar Salad Apple Animal Crackers
Sandwich of the Week: Turkey & Cheese Wrap w/Romaine				