

WEST CAPE MAY ELEMENTARY

Daily Breakfast Menu

All Breakfasts include: Two Fruit Selections and 1% Low Fat Milk
Cereal Entrées include Whole Grain Rich Crackers

October 2022

Breakfast is Available to All
Students to Eat in the
Classroom Every School Day!
NO COST to Students!

Monday	Tuesday	Wednesday	Thursday	Friday
3 Whole Grain Cereal	4 Mini Cinni Pack	5 Whole Grain Cereal	6 PopTart Pastry & Cheese Stick	7 Whole Grain Cereal
10 Whole Grain Cereal	11 French Toast Packs	12 Whole Grain Cereal	13 Breakfast Muffin	14 Whole Grain Cereal
17 Whole Grain Cereal	18 Pancake Packs	19 Whole Grain Cereal	20 Cheese Stick & Animal Crackers	21 Whole Grain Cereal
24 Whole Grain Cereal	25 Waffle Packs	26 Whole Grain Cereal	27 Breakfast Muffin	28 Whole Grain Cereal
31 Whole Grain Cereal				



Thank you for participating in our School Breakfast and Lunch Programs! Breakfast is available for students upon arrival to eat in the classroom. Research shows students that eat breakfast school do better in many ways. School Breakfast is Free to all students. Lunch is \$3.25 per day for the 2022-2023 school year. If your child wants to get milk or juice to compliment a packed lunch, a la carte prices are .50 each.

*If you have not done so already, please complete and return the **Free and Reduced Price Meals Application**. Families that qualify for the free or reduced meals will incur **no charges** for school lunch. Just let us know if you need a new form to complete and please call if you need help or have questions.*

Please make checks payable to: CMCBOE (please be sure **your child's full name** is on the payment)
We do not process On-Line Payments or Credit Card Payments.



Lunch Prices:

\$3.25 per lunch at Paid Rate
\$16.25 for 5 day Week
\$68.25 for 20 day Month
Milk or Juice only: .50 each
Breakfast, no charges.

This institution is an equal opportunity provider