



West Cape May Elementary Lunch Menu



Two Choices Available Daily:

The Featured Lunch or Sandwich of the Week

All lunches include:

Fat Free Chocolate or White Milk or

1% Low Fat White Milk

Fruit and Vegetables Choices

All Sandwiches available without
cheese upon request

October 2022



Call us at 884-4614
with any questions. Thank you!

\$3.25 per day

Menu subject to change

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Patty on a Bun	4 Hot Dog on a Bun	5 Chicken Fried Rice Ham & Cheese on a Bun	6 Pasta with Meatsauce	7 Cheese Pizza <i>*Early Dismissal 12:40 PM</i>
10 Toasted Cheese Sandwich	11 Fish Sticks Cheesy Rice	12 Roasted Chicken Dinner Roll Tuna Salad on a Sub Roll	13 Warm Ham & Cheese on a Soft Bun	14 Cheese Pizza
17 Chicken Nuggets with Rice	18 Cheeseburger on a Bun	19 Chicken & Cheese Quesadilla Deli Turkey & Cheese Wrap	20 Egg, Ham & Cheese on Bagel	21 Cheese Pizza
24 Chicken Patty on a Bun	25 Taco Dippers -taco meat with tortilla chips, cheese & salsa-	26 Crumbled Cheese Steak (fan favorite!) Toasted Cheese Sandwich	27 Hot Dog on a Bun	28 Cheese Pizza
31 Chicken Nuggets Dinner Roll	1 Baked Mac & Cheese	2 Cheeseburger on a Bun Ham & Cheese on a Sub Roll	3 Chicken Fried Rice	4 Cheese Pizza



PARENTS-IF YOU HAVE NOT SENT IN A FREE/REDUCED MEALS APPLICATION ~
Please do so at your first convenience. If you need a form please just call us to send one home to you.
Thank you!