

West Cape May Elementary School Lunch Menu



All lunches include:
Fat Free Chocolate Milk or
1% Low Fat White Milk upon request
A serving a Fruit and a serving of Vegetable

Breakfast is available upon arrival for all students!

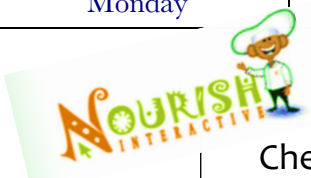


October 2021

Breakfast & Lunch are available to all students free of charge for the 2021-2022 School Year.



Menu subject to change

This institution is an equal opportunity provider

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Check out this fun nutrition education website with age appropriate choices! www.nourishinteractive.com</p>				<p>1 Bagel & Yogurt with Cream Cheese & a Cheese Stick</p>
<p>4 Classic PB & J</p>	<p>5 Egg Salad Hoagie</p>	<p>6 Turkey & Cheese Sandwich</p>	<p>7 Tuna Salad Wrap</p>	<p>8 Ham & Cheese on a Bun</p>
<p>11 School Closed Columbus Day </p>	<p>12 Chicken Salad Wrap</p>	<p>13 Toasted Cheese Sandwich</p>	<p>14 Chef's Salad Tossed Greens w/Turkey, Ham & Cheese, Crackers & Ranch Dressing</p>	<p>15 Bagel & Yogurt with Cream Cheese & a Cheese Stick</p>
<p>18 Classic PB & J</p>	<p>19 Tuna Salad Hoagie</p>	<p>20 Ham & Cheese on an English Muffin</p>	<p>21 Deli Turkey & Cheese Hoagie</p>	<p>22 Chicken Caesar Salad Wrap </p>
<p>25 Chicken Salad Wrap</p>	<p>26 Toasted Cheese Sandwich</p>	<p>27 Egg Salad on a Long Roll</p>	<p>28 Chef's Salad Tossed Greens w/Turkey, Ham & Cheese, Crackers & Ranch Dressing</p>	<p>29 Bagel & Yogurt with Cream Cheese & a Cheese Stick</p>

PARENTS-IF YOU HAVE NOT YET SENT IN A FREE/REDUCED MEALS APPLICATION

Please do so at your first convenience.

If you are need of an application contact the school office at 609-884-4614. The forms are needed even though there are no charges for meals at this time. Funding for other programs are also determined by the forms, including the P-EBT Benefit Cards issued by NJ Dept. of Human Resources.