

# Lower Cape May Regional High School

## MAY 2024



This institution is an equal opportunity employer

**Student Lunch Price is \$3.50.** All entrees are offered with assorted fresh fruit and/or vegetable sides and a choice of skim low fat & fat free milk. Take a look at our daily offerings and weekly alternates below.

**Daily Vegetable Offerings May Include:**

Broccoli Florets, Baby Carrots, Three Bean Salad, Celery Sticks, Cucumber Coins, Cauliflower, Tossed Romaine Salad

**Daily Fruit Offerings May Include:**

Apples, Oranges, Bananas, Pineapple, Peaches, Pears, and Strawberries

Monday	Tuesday	Wednesday	Thursday	Friday
(6) NACHO Tuesday Chicken or Beef Mexicali Rice Super Sweet Corn	(7) Chicken Bar Tenders or Nuggets Seasoned Rice Glazed Carrots	(8) Spaghetti & Meatballs Garlic Bread Stick Seasoned Green Beans Tossed Salad	(9) Burger Bar Or Hot Dogs Baked Beans Broccoli Salad	(10) Pizza or RIP N DIPS Plain or Pepperoni Mixed Garden Salad
(13) Fish Sticks Macaroni And Cheese & Stewed Tomatoes Steamed Broccoli Pasta Salad	(14) Taco Tuesday Beef, Chicken or Fish Mexicali Beans Corn	(15) Penne & Meatballs Garlic Bread Stick Mixed Vegetable Tossed Salad	(16) TURKEY BOWL Mashed Potatoes Gravy Glazed Carrots Tossed Salad	(17) Pizza Friday Plain or Pepperoni RIP N DIPS Mixed Garden Salad
(20) Chicken Fritters With Mac & Cheese Glazed Carrots Mixed Garden Salad	(21) Taco Tuesday Chicken, Beef or Fish Seasoned Black Beans Super Sweet Corn	(22) Mozzarella Sticks or Pizza Crunchers Seasoned Green Beans Mixed Garden Salad	(23) Burger Bar or BBQ Pulled Pork Fries Broccoli Salad	(24) Pizza Friday Plain or Pepperoni RIP N DIPS Mixed Garden Salad
<b>MEMORIAL DAY</b>	(28) Nacho Bar Chicken, Beef, Pork Seasoned Black Beans Super Sweet Corn	(29) Beef-A-Roni & Garlic Bread Seasoned Green Beans Mixed Garden Salad	(30) Burger Bar or BBQ Pulled Pork Baked Beans Sweet Potato Fries Broccoli Salad	(31) Pizza Friday Plain or Pepperoni RIP N DIPS Mixed Garden Salad
(3) Chicken Bar Tenders or Nuggets Seasoned Rice Glazed Carrots	(4) Taco Tuesday Chicken, Beef or Fish Mexicali Beans Corn	(5) Brunch for Lunch Omelets/Pancakes Sausage Diced Potatoes	(6) Mac and Cheese Bowl BBQ Pork, Chicken, Beef Mixed Vegetables	(7) RIP-N-DIPS Plain, Pepperoni Mixed Garden Salad Fresh Fruit



Available Daily

Plain Pizza Pepperoni Pizza



Hamburger or Cheeseburger  
Cheese Steak  
Chicken Patty  
Fish Sandwich  
Chicken Boat  
W/ Vegetable du jour



**Assorted Packaged Salads**

Garden Veggie  
Caesar Salad  
Chicken Caesar Salad  
Specialty Salads

**Sandwiches**

Peanut Butter and Jelly  
Ham and Cheese Hoagie  
Turkey and Cheese Hoagie  
Specialty Sandwich



Start by choosing to create your own salad. Choose your base, romaine mix, spring mix or arugula. Choose 5 fresh vegetable ingredients. Top with your choice of 1 protein. All salads come with a whole grain roll.

**Fresh Veggies**

Tomato, Cucumber  
Peppers, Carrots  
Onion, Broccoli  
Cauliflower, Corn  
Olives,



**Daily Proteins**

Buffalo Chicken  
Cajun Chicken  
Tuna  
Popcorn Chicken  
Egg