

Lower Cape May Regional High School

OCTOBER 2024



This institution is an equal opportunity employer


Student Lunch Price is \$3.75. 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
Free and Reduced Lunch Application 	(1) Taco Tuesday Beef, Chicken or Fish Mexicali Beans Corn	(2) Spaghetti & Meatballs Garlic Bread Stick Seasoned Green Beans Tossed Salad	(3) Burger Bar Or Hot Dogs Baked Beans Broccoli Salad	(4) PIZZA FRIDAY Plain or Pepperoni Mixed Garden Salad Fresh Fruit
(7) Chicken Bar Tenders or Nuggets Seasoned Pasta Green Beans	(8) Nacho Bar Chicken, Beef, Pork Seasoned Black Beans Super Sweet Corn	(9) Penne & Meatballs Garlic Bread Stick Broccoli Tossed Salad	(10) BRUNCH-4-LUNCH Pancakes, sausage, eggs & hashbrowns Warmed Apples	(11) Pizza Friday Plain or Pepperoni RIP N DIPS Mixed Garden Salad
(14) Chicken Fritters With Mac & Cheese Glazed Carrots Mixed Garden Salad	(15) Taco Tuesday Chicken or Beef Seasoned Black Beans Super Sweet Corn	(16) Mozz Sticks or Pizza Crunchers Seasoned Green Beans Mixed Garden Salad	(17) Burger Bar Baked Beans Sweet Potato Fries Broccoli Salad	(18) Pizza Friday Plain or Pepperoni RIP N DIPS Mixed Garden Salad
(21) Chicken Bar Tenders or Nuggets Seasoned Rice Glazed Carrots	(22) Nacho Bar Chicken, Beef, Pork Seasoned Black Beans Super Sweet Corn	(23) Spaghetti & Meatballs & Garlic Bread Seasoned Green Beans Mixed Garden Salad	(24) Burger Bar Baked Beans Sweet Potato Fries Broccoli Salad	(25) Pizza Friday Plain or Pepperoni RIP N DIPS Mixed Garden Salad
(28) Chicken Bar Tenders or Nuggets Seasoned Rice Glazed Carrots	(29) Taco Tuesday Chicken, Beef or Mexicali Beans Corn	(30) Mozz Sticks or Pizza Crunchers Seasoned Green Beans Mixed Garden Salad	(31) BRUNCH-4-LUNCH Pancakes, Sausage, Eggs & Homefries Warmed Apples	(1) 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