





# Cape May Technical High School

## March 2010



Lunch Menu	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Prices:</b></p> <p>Student Paid: \$2.25                      Student Reduced: \$0.40                      Snapple or Water \$1.25                      Milk or Juice \$.50</p> <p><b>Available Daily:</b>  <b>Grab-n-Go Cold Sandwiches</b></p> <p>Peanut Butter &amp; Jelly                      Ham &amp; Cheese Hoagie                      Turkey &amp; Cheese Hoagie or Wrap                      Italian Hoagie or Wrap                      Chicken Caesar Wrap                      BBQ Chicken Wrap                      Buffalo Chicken Wrap</p> <p>All include: Chips, Milk or Juice</p> <p><b>Hot Combos:</b></p> <p>Hotdogs &amp; French Fries                      CheeseBurger &amp; French Fries                      Chicken Patty &amp; French Fries                      All include: Milk &amp; Juice</p> <p><b>Salad Combos:</b></p> <p>Garden Salad W/ Cheese                      Caesar Salad W/ Chicken                      Tuna,Egg or Chicken Salad                      on Garden Salad                      All Include:Choice of Dressing                      Dinner Roll,Milk &amp; Juice</p> <p> Fresh Fruit                      Bread Basket  <b>Milk Choices;</b> 1%, White, Choc.                      Strawberry, Skim</p> <p><b>PrePaid Accounts Available</b>  <b>Make Check to: CMT Cafeteria</b></p>	<p>1</p> <p>Tuna Melt                      Baked Chips                      Pickle Wedge                      Peach Cup                      Milk Choice</p>	<p>2</p> <p>Soft Shell Taco                      All The Fixings                      Rice                      Cinnamon Apple Sauce                      Milk Choice</p>	<p>3</p> <p>Meatball Sub                      Baked Chips                      Carrot Sticks W/Ranch Dip                      Fresh Fruit                      Milk Choice</p>	<p>4</p> <p>Baked Chicken                      Sweet Potato                      Green Beans                      Pear Cup                      Milk Choice</p>	<p>5</p> <p>Pizza Bread                      Side Salad W/ Ranch                      Assorted Fruit Cups                      Milk Choice</p>
	<p>8</p> <p>Grilled Cheese                      Tomato Soup                      Goldfish Crackers                      Peach cup                      Milk Choice</p>	<p>9</p> <p>Nacho Grande                      W/ Chili                      All The Fixings                      Apple Crisp                      Milk Choice</p>	<p>10</p> <p>Cheese Steaks                      Lettuce,Tomato,&amp; Onion                      Onion Ring                      Fruit                      Milk Choice</p>	<p>11</p> <p>Chicken Parm                      on a Kaiser Roll                      Potato Wedge                      Pear Cup                      Milk Choice</p>	<p>12</p> <p>Pizza Bread                      Side Salad W/ Ranch                      Assorted Fruit Cups                      Milk Choice</p>
	<p>15</p> <p>Chicken Nuggets                      Tator Tots                      Dipping Sauce                      Peach Cup                      Milk Choice</p>	<p>16</p> <p>Tuna Hoagie                      Baked Chips                      Pickle Wedge                      Pear Cup                      Milk Choice</p>	<p>17</p> <p>                      Ham &amp; Cabbage                      Parsley Potato                      Dinner Roll                      Green Jello                      Milk Choice</p>	<p>18</p> <p>Baked Chicken                      Mashed Potato                      Sweet Peas                      Apple Sauce                      Milk Choice</p>	<p>19</p> <p>Pizza Bread                      Side Salad W/ Ranch                      Assorted Fruit Cups                      Milk Choice</p>
	<p>22</p> <p>Grilled Cheese                      Tomato Soup                      Goldfish Crackers                      Peach Cup                      Milk Choice</p>	<p>23</p> <p>Hard Shell Taco  <i>All The Fixings</i>                      Rice                      Cinnamon Apple Sauce                      Milk Choice</p>	<p>24</p> <p>Baked Potato                      Broccoli &amp; Cheese                      Or Chili &amp; Cheese                      Fresh Fruit                      Milk Choice</p>	<p>25</p> <p>Hot Turkey &amp; Gravy                      Sandwich                      Corn                      Cranberry                      Milk Choice</p>	<p>26</p> <p>Pizza Bread                      Side Salad W/ Ranch                      Assorted Fruit                      Milk Choice</p>
	<p>29</p> <p>Hot Ham &amp; Cheese                      Baked Chips                      Carrot Sticks W/ Dip                      Peach Cup                      Milk Choice</p>	<p>30</p> <p>Cheese Steak                      All The Fixings                      French Fries                      PearCup                      Milk Choice</p>	<p>31</p> <p>Spaghetti &amp; Meatballs                      Garlic Bread                      Side Salad W/ Dressing                      Fruit Cup                      Milk Choice</p>	<p></p>	<p></p>