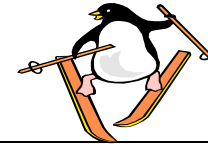




Cape May Technical High School

January 2012



Did You Know January is National "Thank You" Month

"2012"

Visit our Website at: www.nsfm.com

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Lunch Menu</p> <p>Prices:</p> <p>Student Lunch; \$ 2.50</p> <p>Student Reduced; \$0.40</p> <p>Snapple or Water \$1.00</p> <p>Xtra Milk or Juice \$.50</p> <p>2 COMBOS:</p> <p>Available Daily:</p> <p>Hotdog's</p> <p>Chicken Patty or Buffalo Patty</p> <p>Hamburg or Cheeseburger</p> <p>Includes: Lettuce & Tomato</p> <p>French Fries</p> <p>Fresh Fruit or 100% Juice</p> <p>Milk Choice</p> <p>Grab-n-Go:</p> <p>Whole Wheat Available</p> <p>Italian Hoagie or Wrap</p> <p>Ham & Cheese on Kaiser</p> <p>Turkey & Cheese Kaiser or Wrap</p> <p>Assorted Chicken Wraps</p> <p>Peanut Butter & Jelly</p> <p>Juice, Milk and Chips</p> <p>Salad Bar:</p> <p>New this Year</p> <p>\$4.00 Lb.</p> <p>Includes Dressing and Roll</p> <p>Balloons for Balanced Lunch</p> <p style="background-color: orange; padding: 2px;">Orange = Grains</p> <p style="background-color: green; padding: 2px;">Green = Vegetables</p> <p style="background-color: red; padding: 2px;">Red = Fruits</p> <p style="background-color: blue; padding: 2px;">Blue = Milk</p> <p style="background-color: purple; padding: 2px;">Purple = Meat & Beans</p> <p style="background-color: yellow; padding: 2px;">Yellow = Oils & X Energy</p> <p>Prepaid Accounts Available</p> <p>Checks payable to: CMT Cafeteria</p>	<p>2</p> <p style="color: red; font-weight: bold;">SCHOOL CLOSED!!!</p> <p style="color: blue; font-weight: bold;">HAVE</p> <p style="font-size: 2em; color: multi;">A HAPPY NEW YEAR</p>	<p>3</p> <p style="color: blue; text-decoration: underline;">School Reopen's</p> <p>Pork Roll & Cheese</p> <p>On a Bun</p> <p>Baked Chips</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>4</p> <p>BBQ Bacon Cheese Burger</p> <p>On a Bun</p> <p>French Fries</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>5</p> <p style="color: red; text-decoration: underline;">New Year W/ New Item Thur.</p> <p>Lemon Chicken</p> <p>Roasted Red Potatoes</p> <p style="color: orange; text-decoration: underline;">Carrot Coins</p> <p>Dinner Roll</p> <p>Milk Choice</p>	<p>6</p> <p>Pepperoni or Cheese Pizza</p> <p>Salad Bar</p> <p>W/ Assorted Dressing</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>
	<p>9</p> <p>Chicken Nugget</p> <p>Sweet Peas</p> <p>Tator Tot's</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>10</p> <p>Nacho Grande</p> <p>W/ Chilli</p> <p>All The Fixings</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>11</p> <p>Hot Dog Bar</p> <p>W/ All The Fixings</p> <p>Baked Beans</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>12</p> <p>Chicken Stir Fry</p> <p>with Veggies</p> <p>Fluffy Rice</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>13</p> <p>Pepperoni or Cheese Pizza</p> <p>Salad Bar</p> <p>W/ Assorted Dressing</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>
	<p>16</p> <p style="color: red; text-decoration: underline;">Dr. Martin Luther King Jr. Day</p> <p style="font-weight: bold; color: black;">No School</p>	<p>17</p> <p>Grilled Cheese</p> <p>Tomato Soup</p> <p>Goldfish Crackers</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>18</p> <p>Baked Potato Bar</p> <p>Broccoli & Cheese</p> <p>Sour Cream</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>19</p> <p>Italian Sweet Sausage with</p> <p>Peppers & Onions</p> <p>on a Torpedo Roll</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>20</p> <p>Pepperoni or Cheese Pizza</p> <p>Salad Bar</p> <p>W/ Assorted Dressing</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>
	<p>23</p> <p>Hot Ham & Cheese</p> <p>On a Kaiser</p> <p>Baked Chips</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>24</p> <p>Taco Tuesday</p> <p>Fluffy Rice</p> <p>All The Fixings</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>25</p> <p>French Toast Stick</p> <p>W/ Syrup Cup</p> <p>Sausage Links</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>26</p> <p>Chicken Ala-King</p> <p>Over Noodles</p> <p style="color: blue; text-decoration: underline;">Blueberry Crisp</p> <p>100% Fruit Juice</p> <p>Milk Choice</p>	<p>27</p> <p>Pepperoni or Cheese Pizza</p> <p>Salad Bar</p> <p>W/ Assorted Dressing</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>
	<p>30</p> <p>Chicken Nugget</p> <p>Dipping Sauce</p> <p>Sweet Potato Fry</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>31</p> <p>Cheese Steak</p> <p>On a Torpedo Roll</p> <p>Onion Rings</p> <p>Fruit and 100% Fruit Juice</p> <p>Milk Choice</p>	<p>What's New this Month...</p> <p><i>Vegetable of the Month:</i></p> <p style="color: orange; font-weight: bold;">Carrots/Carrot Sticks</p> <p><i>Fruit of the Month:</i></p> <p style="color: blue; font-weight: bold;">Blueberries</p>		<p>Available Daily:</p> <p>Fresh Fruit</p> <p>Bread Basket</p>

Menu subject to change without notice*

Cafeteria Manager: Debbie Jackson 609-465-2161 X424

e-mail: cmt@nsfm.com