



June
HS Lunch Menu
 Cape May Tech



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Let's Go
 Hawks!!

GF = Gluten-Free Ingredients **V** = Vegetarian Ingredients



Veggie Grab Bag:
Daily Raw Veggie Choices

Carrots, Cucumbers,
 Toasty Bean Bites,
 Broccoli, Mixed Patch

Choose 1 Entrée.

You May Take 2 Fruit & 2 Veggie Choices!



Fresh/Cupped/Juice
PICK 2 FRUITS



Cooked/Raw Veggie Patch
PICK 2 VEGGIES

THINK BALANCE!

A Balanced Tray ... **Grain** ~ **Protein** ~ **Fruit** ~ **Vegetable** ~ **Milk**

Monday-June 5		Tuesday-June 6		Wednesday-June 7		Thursday-June 8		Friday-June 9	
BBQ Pulled Pork Nachos w/ All the fixins <u>Sides:</u> Corn Salsa Veggie Grab Bag w/Ranch/Hummus		Chili Cheese Fries w/ All the fixins <u>Sides:</u> Corn Salsa Veggie Grab Bag w/Ranch/Hummus		Baked Ziti w/Side salad <u>Sides:</u> Green Beans Veggie Grab Bag w/Ranch/Hummus		Pancake Sandwich w/ Sausage&Egg <u>Sides:</u> Hashbrown Veggie Grab Bag w/Ranch/Hummus		French Bread V Plain or Pepperoni <u>Sides:</u> Side Salad Veggie Grab Bag w/Ranch/Hummus	
Monday-June 12		Tuesday-June 13		Wednesday-June 14		Thursday-June 15		Friday-June 16	
Breakfast Only		Breakfast Only		Breakfast Only		Breakfast Only		HAPPY LAST DAY OF SCHOOL	
SUMMER BREAK									

Lunch Prices: Regular Lunch \$3.00 ~ Adult Student Lunch: \$4.25 Extra Entrée: \$1.50 ~ Reduced: \$0.40 ~
 Adult: \$4.50 ~ Milk: \$0.50 *Menu subject to change

Food Service Director: Patty Morel CMT@nsfm.com Phone: 609-380-0200 ext.424

This institution is an equal opportunity provider.

Milk: Skim White Skim Chocolate Skim Strawberry 1% White Lactaid