



May HS Lunch Menu Cape May Tech

Click here to view your lunch account:



= Gluten-Free Ingredients



= Vegetarian Ingredients

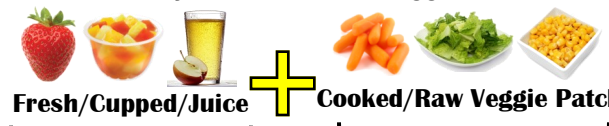


Let's Go
Hawks!!

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!



PICK 2 FRUITS

PICK 2 VEGGIES

THINK BALANCE!

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

Monday-May 1	Tuesday-May 2	Wednesday-May 3	Thursday-May 4	Friday-May 5
Cheese Ravioli's w/Marinara <u>Sides:</u> Side Salad-Breadstick Veggie Grab Bag w/Ranch/Hummus	Chicken Tenders&Waffles w/ Syrup <u>Sides:</u> Veggie Medley Veggie Grab Bag w/Ranch/Hummus	Bacon Cheeseburger On a Bun <u>Sides:</u> Smile Fries-Baked Beans Veggie Grab Bag w/Ranch/Hummus	Popcorn Chicken Bowl w/ Mashed Potatoes&Gravy <u>Sides:</u> Side Salad- Green Beans Veggie Grab Bag w/Ranch/Hummus	Quesadilla Pizza (V) By The Slice <u>Sides:</u> Side Salad Veggie Grab Bag w/Ranch/Hummus
Monday-May 8	Tuesday-May 9	Wednesday-May 10	Thursday-May 11	Friday-May 12
Ham, Turkey or Tuna Hoagies <u>Sides:</u> Side Salad-Chips Veggie Grab Bag w/Ranch/Hummus	Nachos Grande (GF) w/ Corn Chips & Toppings <u>Sides:</u> Sweet Corn Veggie Grab Bag w/Ranch/Hummus	Buffalo Chicken Cheesesteak <u>Sides:</u> Fries Veggie Grab Bag w/Ranch/Hummus	BBQ Chicken Wrap w/ Chicken&Cheese <u>Sides:</u> Caesar Salad-Baked Beans Veggie Grab Bag w/Ranch/Hummus	Pizza Dippers (V) w/Marinara <u>Sides:</u> Side Salad Veggie Grab Bag w/Ranch/Hummus
Nat'I Choc Chip Cookie Day!	Tuesday-May 16	Wednesday-May 17	Thursday-May 18	Friday-May 19
Pizza Bagel w/Cheese&Pepperoni <u>Sides:</u> Fries-Chocolate Chip Cookie Veggie Grab Bag w/Ranch/Hummus	Chicken,Apple&Spinach On Ciabatta <u>Sides:</u> Side Salad Veggie Grab Bag w/Ranch/Hummus	Cheesesteaks On a Torpedo <u>Sides:</u> Fries Veggie Grab Bag w/Ranch/Hummus	Baked Ziti (V) w/Garlic Breadstick <u>Sides:</u> Side Salad-Veggie Medley Veggie Grab Bag w/Ranch/Hummus	French Bread (V) By The Slice <u>Sides:</u> Side Salad Veggie Grab Bag w/Ranch/Hummus
Nat'I Vanilla Pudding Day!	Tuesday-May 23	Wednesday-May 24	Thursday-May 25	Friday- May 26
Grilled Cheese (V) w/Tomato Soup <u>Sides:</u> Goldfish Crackers-Vanilla Pudding Veggie Grab Bag w/Ranch/Hummus	Chicken Tacos w/All the Fixin's <u>Sides:</u> Sweet Corn Veggie Grab Bag w/Ranch/Hummus	Chili Cheese Fries (V) w/Toppings <u>Sides:</u> Broccoli Veggie Grab Bag w/Ranch/Hummus	BBQ Chicken w/ Mashed Potatoes&Gravy <u>Sides:</u> Green Beans Veggie Grab Bag w/Ranch/Hummus	Quesadilla Pizza (V) Plain or Pepperoni <u>Sides:</u> Side Salad Veggie Grab Bag w/Ranch/Hummus
Monday-May 29	I LOVE the USA!	Wednesday-May 31	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	
Memorial Day- No School "My fellow Americans, ask not what your country can do for you- ask what you can do for your country!" -John F. Kennedy	Secret Sauce Burger w/ 3 Cheeses on a Bun <u>Sides:</u> Baked Beans-Patriotic Parfait Veggie Grab Bag w/Ranch/Hummus	Stir-fry over Rice Veggie or Chicken <u>Sides:</u> Fortune Cookie-Jello Veggie Grab Bag w/Ranch/Hummus		

This institution is an equal opportunity provider.

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