

LOWER CAPE MAY REGIONAL HIGH AND RICHARD M. TEITELMAN SCHOOL LUNCH

Your cafeteria is offering a variety of lower fat...sugar...and salt meals. The Salad Bars have many fresh items, and always a fat-free or low-fat dressing...also, some delicious homemade soup, by Mrs. Denny & Mrs. Budd. And, for your convenience, we offer a great assortment of nutritious snacks ...perfect answer to those after school activity hunger pangs.

**Healthy Grab & Go Lunch/half sand, 4oz yogurt, fruit, snack cake, milk, and juice is available daily.
Peanut Butter & Jelly is offered Daily as a Sandwich of the Day Choice**

*****All Lunches include a half-pint of milk: 1% Chocolate, 2% White, Skim/or 1% Strawberry*****

Chicken Caesar or Vegetarian Salad Available Daily

*******Menus are subject to change*******

HOT LUNCH

Soup & Sandwich Lunch

Soup & Salad Lunch

MONDAY SEPT. 6TH

CRACKERS ARE OFFERED DAILY WITH SANDWICH/SALAD LUNCH

SCHOOL CLOSED

HS ALA Carte.....

TUESDAY Sept. 7th

Crackers are offered Daily with Sandwich/Salad Lunch

Chicken Tenders W/Dip
Potato Wedges
Broccoli
Bread Basket
Choice of Fruit

Soup of the Day
Cold Sandwich
Choice of Fruit

Soup of the Day
Choice of Salads & Proteins
Choice of Dressings
Choice of Fruit

HS ALA Cart...

WEDNESDAY Sept. 8th

Crackers are offered Daily with Sandwich/Salad Lunch

Meatball Sandwich
Macaroni Salad
Hot Vegetable
Choice of Fruit

Soup of the Day
Cold Sandwich
Choice of Fruit

Soup of the Day
Choice of Salads & Proteins
Choice of Dressings
Choice of Fruit

HS ALA Carte .

THURSDAY Sept. 9th

Crackers are offered Daily with Sandwich/Salad Lunch

Hot Dogs on Buns
Baked Beans
Sauerkraut
Mashed Potatoes
Choice of Fruit

Soup of the Day
Cold Sandwich
Choice of Fruit

Soup of the Day
Choice of Salads & Proteins
Choice of Dressings
Choice of Fruit

HS ALA Carte.....

FRIDAY Sept. 10th

Crackers are offered Daily with Sandwich/Salad Lunch

Chicken Nuggets & Fish Nuggets
Rice
Hot Veggie
Bread Basket
Choice of Fruit

Soup of the Day
Cold Sandwich
Choice of Fruit

Soup of the Day
Choice of Salads & Proteins
Choice of Dressings
Choice of Fruit

HS ALA Carte.....

*****Fresh Fruit is available daily with lunch*****