



# CAPE MAY CITY ELEMENTARY

## Daily Breakfast Menu

All Breakfasts include: Two Fruit Selections and 1% or Fat Free Milk  
Cereal Entrées also offer Whole Grain Rich Graham Crackers  
Research shows-students who have breakfast at school  
do better in many ways!

Sources: Food Research and Action Center (FRAC), U.S. Centers for Disease Control and Prevention (CDC)



**March 2020**

Breakfast is Available For  
Everyone Each School Day!  
**NO COST** to Students!



Monday

2

*Mr. Brown Can  
Moo! Can YOU?*  
Whole Grain  
Cereal &  
MOO-MILK!!



Tuesday

3

*Horton  
Hatches the Egg*  
Egg'O  
Waffles ☺

Wednesday

4

*If I Ran the Zoo...*  
Your Own Bag of  
ANIMAL Crackers  
& String Cheese

Thursday

5

*Scrambled Eggs  
Super!*  
Cheesey Egg Omlet  
& Crackers

Friday

6

*Happy Birthday  
to YOU!!*  
Zee Zee's Nutritious  
Birthday Cake  
\*Flavored\*  
Breakfast Bar

READ ACROSS AMERICA & National School Breakfast Week March 2-6 -Fuel Up

9

Whole Grain  
Cereal  
& Grahams

10

Pillsbury Mini  
Cinni Buns

11

Whole Grain  
Cereal & Grahams

12

Yogurt Cup  
& Graham Crackers

13

Whole Grain  
Cereal  
& Grahams

16

Whole Grain  
Cereal  
& Grahams

17

Pillsbury  
Breakfast Pastry  
Packs

18

Whole Grain  
Cereal  
& Grahams

19

Banana  
Bread

20

Whole Grain  
Cereal  
& Grahams

23

Whole Grain  
Cereal  
& Grahams

24

Eggo  
Pancakes

25

Whole Grain  
Cereal  
& Grahams

26

String Cheese and  
Animal Crackers

27

School Closed  
Teachers'  
Inservice

30

Whole Grain  
Cerea  
& Grahams

31

Pillsbury Warm  
French Toast

April 1

Whole Grain  
Cereal  
& Grahams

2

Yogurt Cup  
& Graham Crackers

3

Whole Grain  
Cereal  
& Grahams

**Cafeteria Policy :** *Thank you for participating in our School Breakfast and Lunch Programs.* Our computerized system works like a debit account. Payments are loaded on to student accounts & then lunch costs will be deducted when your child comes through the serving line. Payment is to be made in advance or on the day the lunch is served. If an account is past due & a lunch is not brought from home, an alternate meal of a sandwich w/milk & juice may be provided – but you would be contact by us before this were to occur. If you need to know your child's account balance please send a note, call or email us. You can send cash or checks with your child. Teachers collect cafeteria money in the morning. Please consider paying by the week or month if possible. We are unable to process on-line or credit card payments at this time.

**Checks can be made to:** Cape May Elementary Please be sure your child's name is on the payment. **Thank you! ☺**

**The Cafeteria can supply healthy treats for your child's in school celebration!** Order forms are available on the school website. (School Info tab, Lunch Menu tab, go to the bottom of the page, select: Celebration Party Order Form.) Or just call us and we will be happy to send one home! Website: [www.cmcboe.org](http://www.cmcboe.org)

*If your income or circumstances change during the school year you can always update your **free and reduced meals form**. Just let us know if you need a new form to complete. If you have questions or need assistance with the form please call us.*

## LUNCH PRICES

Five school weeks begin in March

24 days (3/2-4/3)

	Daily	Week(5 days)	Month
Regular:	\$3.00	\$15.00	\$72.00
Reduced:	.40	\$2.00	\$9.60

Milk or Juice purchased separately .50



Please contact us with any questions: 609-884-8485 ext. 230

Email: [mлінняton@cmcboe.org](mailto:mлінняton@cmcboe.org)

Marianne Linnington, Food Service Director

Our Dedicated Cool School Nutrition Team:

Barb Tomlin \* Lourdes Perez \* Adrienne Kennick \* Chris Galestok

This institution is an equal opportunity provider.