




December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2nd Hot Entrée →	Hot Dog	Popcorn Chicken	Hot Dog	Popcorn Chicken	Hot Dog	← 2nd Hot Entrée
ASSORTED DAILY FRESH FRUIT & VEGGIE BAR OPTIONS: Carrot Sticks - Broccoli - Green/Red Pepper Strips - Cucumbers - Cherry Tomatoes - Celery Sticks  Apples-Bananas-Oranges-Grapes-Strawberries-Melons-Peaches-Pears-Variety of Canned Fruits	STUDENT PRICES: LUNCH \$2.80 REDUCED LUNCH \$.40 BREAKFAST \$2.00 REDUCED BREAKFAST \$.30 MILK/JUICE/SNACKS \$0.65 FRUIT SNACK \$0.75	FREE/REDUCED LUNCH APPLICATIONS may now be filled out electronically at the web address below or you can find a printable copy on the WD District website and turn it into your child's school https://westdeptford.payschools.com		AVAILABLE DAILY: Assorted Cold Sandwiches, SunButter & Jelly (nut-free!) AVAILABLE TUES: Breakfast in a Bag AVAILABLE THURS: Lunchables		1 BREAKFAST SERVED DAILY
	3	4 <i>National Cookie Day</i>	5	6	7	8
	CHICKEN STRIPS W/ROLL MASHED POTATOES w/GRAVY	BAKED ZITI GARLIC STICK COOKIE	DUTCH WAFFLE HASH BROWN ROUNDS YOGURT	GRILLED CHEESE ON PRETZEL BUN TOMATO SOUP	PIZZA SALAD w/ LOWFAT DRESSING JUICE	PARENTS MAY ADD MONEY TO THEIR CHILD'S LUNCH ACCOUNT OR CHECK THEIR ACCOUNT AT PAYSCHOOLSCENTRAL.COM
PREVENT WINTER COLDS WITH IMMUNE-BOOSTING FOODS! When accompanied with a healthy balanced diet, these foods can keep your immune system functioning strongly and decrease your risk of catching the common bug: Citrus, Berries, Garlic, Ginger, Spinach, Sweet Potatoes, Yogurt, Coconut Oil, Mushrooms, Green Tea	10 *1/2 DAY	11 *1/2 DAY	12 *1/2 DAY	13 *1/2 DAY	14	15
	POPCORN CHICKEN W/ROLL PEAS	PIZZA CRUNCHERS W/ROLL CORN	WALKING TACO BAKED BEANS	CORN DOG NUGGETS GREEN BEANS	CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	VARIETY OF LOW FAT AND NON FAT MILK SERVED DAILY
	17	18	19	20	21 *1/2 DAY	22
	ORANGE CHICKEN W/RICE BROCCOLI	MOZZARELLA STICKS W/ROLL CARROTS	BACON EGG & CHEESE SANDWICH TATER TOTS	CHEESEBURGER EMOJI FRIES	CHICKEN PATTY BAKED CHIPS HOLIDAY COOKIE JUICE	"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"
23						MENU SUBJECT TO CHANGE Carolyn Jefferson Food Service Director 856.384.2607
BREAD IS WHOLE GRAIN OR WHEAT; ALL FRIES ARE BAKED	SCHOOLS CLOSED WINTER BREAK					

1

2