

November

2018

West Deptford
Elementary Schools
Lunch Menu

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	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	 "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"	1	FRENCH TOAST STICKS HASH BROWN ROUNDS YOGURT	2	CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	3	BREAD IS WHOLE GRAIN OR WHEAT; ALL FRIES ARE BAKED
	5	6	7 8 9 FULL DAY TEACHER INSERVICE SCHOOLS CLOSED 			STUDENT PRICES: LUNCH \$2.80 REDUCED LUNCH \$.40 BREAKFAST \$2.00 REDUCED BREAKFAST \$.30 MILK/JUICE/SNACKS \$0.65 FRUIT SNACKS \$0.75		
AVAILABLE DAILY: Assorted Cold Sandwiches, SunButter & Jelly (nut-free!) AVAILABLE TUES: Breakfast in a Bag (cereal/graham crackers/juice/fruit/milk) AVAILABLE THURS: Lunchables	12	13	14	15	16	TIPS FOR A HEALTHY THANKSGIVING: Start Thanksgiving with PHYSICAL ACTIVITY & keep it going throughout the day! Go on a nature scavenger hunt early in the day. After dinner, suggest everyone go out for a neighborhood stroll. Another idea: Plan some outdoor fun before dinner, like a game of soccer or football with the kids.		
	CHEESEBURGER EMOJI FRIES	PASTA & MEATBALLS GARLIC STICK	DUTCH WAFFLE HASHBROWN ROUNDS YOGURT	CORN DOG NUGGETS BROCCOLI JELLO	PIZZA SALAD w/ LOWFAT DRESSING JUICE			
18	19	20	21	22	23			
BREAKFAST SERVED DAILY; VARIETY OF LOW FAT MILK SERVED DAILY	BONELESS WINGS TATER TOTS	HOLIDAY MEAL ROAST TURKEY MASHED POTATOES W/GRAVY GREEN BEANS CRANBERRY SAUCE	*1/2 DAY PIZZA CRUNCHERS CARROTS	 SCHOOLS CLOSED				
26	26	27	28	29	30	MENU SUBJECT TO CHANGE Carolyn Jefferson Food Service Director 856.384.2607		
PARENTS MAY ADD MONEY TO THEIR CHILD'S LUNCH ACCOUNT OR CHECK THEIR ACCOUNT AT PAYSCHOOLSCENTRAL.COM	CHEESEBURGER CORN	PANCAKES w/SYRUP HASHBROWN ROUNDS SAUSAGE	WALKING TACO BAKED BEANS	BACON, EGG & CHEESE SANDWICH TATER TOTS	CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE			

Vertical line segment

Vertical line segment