

West Deptford Elementary Schools Lunch Menu

# June 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>STUDENT PRICES:</b> PAID LUNCH \$2.75 REDUCED \$.40 MILK/WATER \$0.65 FRUIT SNACKS \$0.75	<b>BREAKFAST SERVED DAILY</b>	<b>ALL BREAD IS WHOLE GRAIN OR WHEAT; ALL FRIES ARE BAKED</b>	<b>1</b> HOMEMADE MAC & CHEESE GREEN BEANS	<b>2</b> CHICKEN STRIPS CURLY FRIES JUICE	<b>3</b> AVAILABLE DAILY: ASSORTED COLD SANDWICHES, PB&J & BREAKFAST IN A BAG (CEREAL/YOGURT CHEESE STICK/ FRUIT/MILK)
<b>4</b> PARENTS MAY ADD MONEY TO THEIR CHILD'S LUNCH ACCOUNT AT PAYFORIT.NET	<b>5</b> BUILD YOUR OWN BURGER FRENCH FRIES JUICE	<b>6</b> BEEF TACO BAKED BEANS JUICE	<b>7</b> PIZZA CRUNCHERS SALAD w/ LOWFAT DRESSING JUICE	<b>8</b> DUTCH WAFFLE SAUSAGE HASH BROWN	<b>9</b> MEATBALL SANDWICH GREEN BEANS JUICE	<b>ASSORTED DAILY FRESH FRUIT &amp; VEGGIE BAR OPTIONS:</b>  Carrot Sticks - Broccoli - Green/Red Pepper Strips - Cucumbers - Cherry Tomatoes - Celery Sticks  Apples-Bananas-Oranges-Grapes-Strawberries-Melons-Peaches-Pears-Variety
<b>11</b> VARIETY OF LOW FAT & FAT FREE MILK SERVED DAILY	<b>12</b> POPCORN CHICKEN CORN PUDDING	<b>13</b> GRILLED CHEESE ON PRETZEL BUN CARROTS	<b>14</b> DOMINO'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	<b>15</b> <b>1/2 DAY NO LUNCHESES SERVED</b>	<b>16</b> <b>1/2 DAY NO LUNCHESES SERVED</b>	

**SUMMER NUTRITION TIPS YOUR ENTIRE FAMILY WILL ENJOY!**

- 1. FRUIT POPS:** Homemade freezer pops are an easy, fun treat for kids to make. Mash up fruit like peaches, grapes, berries or watermelon and put them in paper cups, insert a popsicle stick, freeze overnight and enjoy!
- 2. COOL & CRISP:** keep a variety of colorful veggies on hand that stay cool and crunchy for a refreshing treat – baby carrots, cucumber slices, and celery sticks are just a few ideas.
- 3. FRUIT SMOOTHIES:** blend your favorite fresh fruits with fat-free or low-fat yogurt and ice for a refreshing drink or freeze and eat with a spoon like a frozen ice chill.
- 4. HYDRATE!** Drink plenty of water before, during and after physical activity to avoid dehydration. For low-calorie flavor, add slices of your favorite fruits such as melon, oranges, berries or even cucumber or mint to a pitcher of water.
- 5. MIX IT UP:** make your own trail mix using your favorite unsalted or lightly salted nuts, seeds and unsweetened dried fruits (just be sure to keep your servings to 1.5 ounces or 1/3 cup).



\* DON'T FORGET TO FILL OUT A NEW FREE/REDUCED LUNCH APPLICATION FOR NEXT SCHOOL YEAR! BENEFITS DO NOT ROLL OVER - A NEW APPLICATION MUST BE FILLED OUT EACH YEAR!

[www.wdeptford.k12.nj.us](http://www.wdeptford.k12.nj.us)

**"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"**

**MENU SUBJECT TO CHANGE**

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