



# MAY 2017

## West Deptford Elementary Schools Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ASSORTED DAILY FRESH FRUIT &amp; VEGGIE BAR</b> <b>OPTIONS:</b> Carrot Sticks - Broccoli - Green/Red Pepper Strips - Cucumbers - Cherry Tomatoes - Celery Sticks  Apples-Bananas-Oranges-Grapes-Strawberries-Melons-Peaches-Pears-Variety	<b>1</b> CHICKEN STRIPS CURLY FRIES JUICE	<b>2</b> NACHOS GRANDE BAKED BEANS	<b>3</b> DOMINO'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	<b>4</b> SPAGHETTI & MEAT SAUCE GARLIC TOAST	<b>5</b> BACON, EGG & CHEESE SANDWICH HASH BROWN	<b>6</b> <b>"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"</b>
	<b>8</b> POPCORN CHICKEN FRENCH FRIES PUDDING	<b>9</b> BEEF TACO CORN JUICE	<b>10</b> PIZZA CRUNCHERS SALAD w/ LOWFAT DRESSING JUICE	<b>11</b> PANCAKES w/SYRUP SAUSAGE HASH BROWN	<b>12</b> <b>1/2 DAY IN SERVICE NO LUNCHES SERVED</b>	
<b>14</b> <b>AVAILABLE DAILY: ASSORTED COLD SANDWICHES, PB&amp;J AND BREAKFAST IN A BAG (CEREAL, CHEESE STICK, YOGURT, MILK, FRUIT/JUICE)</b>	<b>15</b> BUILD YOUR OWN BURGER PEAS JUICE	<b>16</b> GRILLED CHEESE ON PRETZEL BUN BAKED BEANS	<b>17</b> DOMINO'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	<b>18</b> HOMEMADE MAC & CHEESE GREEN BEANS	<b>19</b> MEATBALL SANDWICH EMOJI FRIES	<b>NUTRITION TIP: Kids are more likely to choose fruits and veggies if they are already cut up and ready to eat. Placing nutritious snacks in plain sight makes everyone more likely to pick them up.</b>
<b>21</b> <b>VARIETY OF LOW FAT &amp; FAT FREE MILK SERVED DAILY</b>	<b>22</b> CHICKEN PATTY SANDWICH MASHED POTATOES w/GRAVY	<b>23</b> CORN DOG TATER TOTS	<b>24</b> PEPPERONI PIZZA SALAD w/ LOWFAT DRESSING JUICE	<b>25</b> ORANGE CHICKEN w/RICE FORTUNE COOKIE	<b>26</b> DUTCH WAFFLE SAUSAGE HASH BROWN	
<b>28</b> <b>PARENTS MAY ADD MONEY TO THEIR CHILD'S LUNCH ACCOUNT AT PAYFORIT.NET</b>	<b>29</b>  <b>MEMORIAL DAY SCHOOLS CLOSED</b>	<b>30</b> FRENCH TOAST STICKS SAUSAGE HASH BROWN	<b>31</b> MOZZARELLA STICKS SALAD w/ LOWFAT DRESSING JUICE	<b>STUDENT PRICES:</b> <b>PAID LUNCH \$2.75            REDUCED \$.40            MILK/JUICE \$0.65            FRUIT SNACKS \$0.75</b>		
					<b>ALL BREAD IS WHOLE GRAIN OR WHEAT;            ALL FRIES ARE BAKED</b>	

