

West Deptford High School Lunch Menu

# June 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>STUDENT PRICES:</b> PAID LUNCH \$3.00 REDUCED \$0.40 A LA CARTE \$2.10 MILK \$0.65	BREAKFAST SERVED DAILY	ALL BREAD IS WHOLE GRAIN OR WHEAT; ALL FRIES ARE BAKED	<b>1</b> HOMEMADE MAC & CHEESE GREEN BEANS	<b>2</b> FRENCH TOAST STICKS SAUSAGE HASH BROWN 	<b>3</b> AVAILABLE DAILY: ASSORTED COLD SANDWICHES, WRAPS, HOAGIES & SALADS
<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> MEATBALL SANDWICH GREEN BEANS JUICE	<b>7</b> PIZZA CRUNCHERS SALAD w/ LOWFAT DRESSING JUICE	<b>8</b> MYSTERY DAY... A LITTLE BIT OF EVERYTHING!	<b>9</b>  DOMINO'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	ASSORTED DAILY FRESH FRUIT & VEGGIE BAR OPTIONS: <div style="border: 1px dashed black; padding: 5px; margin: 5px;">                         Carrot Sticks - Broccoli -                          Green/Red Pepper                          Strips - Cucumbers -                          Cherry Tomatoes -                          Celery Sticks                     </div>  Apples-Bananas- Oranges-Grapes- Strawberries-Melons- Peaches-Pears-Variety
<b>11</b> VARIETY OF LOW FAT & FAT FREE MILK SERVED DAILY	<b>12</b> 1/2 DAY FINAL EXAMS NO LUNCHES SERVED	<b>13</b> 1/2 DAY FINAL EXAMS NO LUNCHES SERVED	<b>14</b> 1/2 DAY FINAL EXAMS NO LUNCHES SERVED	<b>15</b> 1/2 DAY FINAL EXAMS NO LUNCHES SERVED	<b>16</b> 1/2 DAY FINAL EXAMS NO LUNCHES SERVED	

**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**

**Carolyn Jefferson**  
 Food Service Director  
 856.384.2607

