

# November

# 2018

West Deptford  
High School  
Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>2nd Hot Entrée →</b>	<b>Hot Dog</b>	<b>Popcorn Chicken</b>	<b>Hot Dog</b>	<b>Popcorn Chicken</b>	<b>Hot Dog</b>	<b>← 2nd Hot Entrée</b>
<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 of Canned Fruits	<b>FREE/REDUCED LUNCH APPLICATIONS</b> 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 <a href="https://westdeptford.payschools.com">https://westdeptford.payschools.com</a>	 <b>"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"</b>	<b>1</b>	<b>2</b>	<b>3</b>	
				BACON, EGG & CHEESE SANDWICH TATER TOTS	PIZZA SALAD w/ LOWFAT DRESSING JUICE	<b>BREAD IS WHOLE GRAIN OR WHEAT; ALL FRIES ARE BAKED</b>
	<b>5</b>	<b>6</b>	<b>7 8 9</b> <b>FULL DAY TEACHER INSERVICE SCHOOLS CLOSED</b> 			<b>STUDENT PRICES:</b> LUNCH \$3.10 REDUCED LUNCH \$.40 BREAKFAST \$2.25 REDUCED BREAKFAST \$.30 MILK/JUICE/FRUIT \$.65 A LA CARTE \$2.10 EXTRA ENTREE \$1.50
<b>AVAILABLE DAILY:</b> ASSORTED COLD SANDWICHES, SUNBUTTER & JELLY (nut free!), WRAPS, HOAGIES, "LUNCHABLES" & SALADS	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>TIPS FOR A HEALTHY THANKSGIVING:</b> Start Thanksgiving with <b>PHYSICAL ACTIVITY</b> & 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.
	BUILD YOUR OWN BURGER TATER TOTS	CHEESY STICKS MEATBALLS	DUTCH WAFFLE HASHBROWN ROUNDS YOGURT	BONELESS WINGS BROCCOLI JELLO	CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	
<b>22</b>	<b>19</b>	<b>20</b> <i>HOLIDAY MEAL</i>	<b>21</b> <i>*1/2 DAY</i>	<b>22 23</b>		 <b>SCHOOLS CLOSED</b>
BREAKFAST SERVED DAILY; VARIETY OF LOW FAT MILK SERVED DAILY	BUILD YOUR OWN GRILLED CHICKEN SANDWICH FRIES	HOT TURKEY SANDWICH MASHED POTATOES W/GRAVY GREEN BEANS CRANBERRY SAUCE	PIZZA CRUNCHERS CARROTS			
<b>29</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>MENU SUBJECT TO CHANGE</b> 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 SUB EMOJI FRIES	MEATBALL SANDWICH CORN PUDDING	TACO BAKED BEANS	BUFFALO RANCH CHICKEN SANDWICH TATER TOTS	PIZZA SALAD w/ LOWFAT DRESSING JUICE	

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