




December 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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	STUDENT PRICES: LUNCH \$3.10 REDUCED LUNCH \$.40 BREAKFAST \$2.25 REDUCED BREAKFAST \$.30 MILK/JUICE \$0.65 A LA CARTE \$2.10 EXTRA ENTREE \$1.50	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		AVAILABLE DAILY: ASSORTED COLD SANDWICHES, SUNBUTTER & JELLY (nut free!), WRAPS, HOAGIES, "LUNCHABLES" & SALADS 		1 BREAKFAST SERVED DAILY
	3 CHICKEN STRIPS W/ROLL MASHED POTATOES w/GRAVY	4 <i>National Cookie Day</i> MEATBALL SANDWICH PEAS COOKIE	5 DUTCH WAFFLE HASH BROWN ROUNDS YOGURT	6 GRILLED CHEESE ON PRETZEL BUN TOMATO SOUP	7 CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	8 PARENTS MAY ADD MONEY TO THEIR CHILD'S LUNCH ACCOUNT OR CHECK THEIR ACCOUNT AT PAYSCHOOLSCENTRAL.COM
PREVENT WINTER COLDS WITH IMMUNE-BOOSTING FOODS! When accompanied with a healthy balanced diet, these foods can keep your immune system functioning strongly and decrease your risk of catching the common bug: Citrus, Berries, Garlic, Ginger, Spinach, Sweet Potatoes, Yogurt, Coconut Oil, Mushrooms, Green Tea	10 *1/2 DAY POPCORN CHICKEN W/ROLL BROCCOLI	11 *1/2 DAY PIZZA CRUNCHERS W/ROLL CORN	12 *1/2 DAY WALKING TACO BAKED BEANS	13 *1/2 DAY CORN DOG NUGGETS GREEN BEANS	14 PIZZA SALAD w/ LOWFAT DRESSING JUICE	15 VARIETY OF LOW FAT & FAT FREE MILK SERVED DAILY
	17 ORANGE CHICKEN W/RICE BROCCOLI	18 CHEESESTEAK CARROTS	19 BACON EGG & CHEESE SANDWICH ON PRETZEL BUN TATER TOTS	20 BUILD YOUR OWN BURGER EMOJI FRIES	21 *1/2 DAY CHICKEN PATTY BAKED CHIPS HOLIDAY COOKIE JUICE	22 "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"
23 ALL BREAD IS WHOLE GRAIN OR WHEAT: ALL FRIES ARE BAKED	 <p><i>Happy Holidays</i></p> <p>SCHOOLS CLOSED WINTER BREAK</p>					MENU SUBJECT TO CHANGE Carolyn Jefferson Food Service Director 856.384.2607

