

West Deptford Middle School Lunch Menu

June 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	STUDENT PRICES: PAID LUNCH \$3.00 REDUCED \$.40 A LA CARTE \$2.10 MILK \$0.65	BREAKFAST SERVED DAILY	ALL BREAD IS WHOLE GRAIN OR WHEAT; ALL FRIES ARE BAKED	1 HOMEMADE MAC & CHEESE GREEN BEANS	2 FRENCH TOAST STICKS SAUSAGE HASH BROWN	3 AVAILABLE DAILY: ASSORTED COLD SANDWICHES, WRAPS, HOAGIES & SALADS
4 PARENTS MAY ADD MONEY TO THEIR CHILD'S LUNCH ACCOUNT AT PAYFORIT.NET	5 BUILD YOUR OWN BURGER FRENCH FRIES JUICE	6 BEEF TACO BAKED BEANS JUICE	7 PIZZA CRUNCHERS SALAD w/ LOWFAT DRESSING JUICE	8 DUTCH WAFFLE SAUSAGE HASH BROWN	9 MEATBALL SANDWICH GREEN BEANS JUICE	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
11 VARIETY OF LOW FAT & FAT FREE MILK SERVED DAILY	12 POPCORN CHICKEN CORN PUDDING	13 GRILLED CHEESE ON PRETZEL BUN CARROTS	14 DOMINO'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	15 1/2 DAY NO LUNCHES SERVED	16 1/2 DAY 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!

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"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

MENU SUBJECT TO CHANGE

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