



MAY 2017

West Deptford Middle School Lunch Menu

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	1 CHICKEN STRIPS CURLY FRIES JUICE	2 NACHOS GRANDE BAKED BEANS	3 PIZZA SALAD w/ LOWFAT DRESSING JUICE	4 PASTA w/ALFREDO SAUCE GARLIC TOAST	5 BACON, EGG & CHEESE SANDWICH HASH BROWN	6 "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"
	8 POPCORN CHICKEN FRENCH FRIES PUDDING	9 BEEF TACO CORN JUICE	10 PIZZA CRUNCHERS SALAD w/ LOWFAT DRESSING JUICE	11 PANCAKES w/SYRUP SAUSAGE HASH BROWN	12 1/2 DAY IN SERVICE NO LUNCHES SERVED	13 BREAKFAST SERVED DAILY 
14 AVAILABLE DAILY: ASSORTED COLD SANDWICHES, WRAPS, HOAGIES & SALADS	15 BUILD YOUR OWN BURGER PEAS JUICE	16 GRILLED CHEESE ON PRETZEL BUN BAKED BEANS	17 PEPPERONI PIZZA SALAD w/ LOWFAT DRESSING JUICE	18 HOMEMADE MAC & CHEESE GREEN BEANS	19 MEATBALL SANDWICH EMOJI FRIES	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.
21 VARIETY OF LOW FAT & FAT FREE MILK SERVED DAILY	22 CHICKEN PATTY SANDWICH MASHED POTATOES w/GRAVY	23 CORN DOG TATER TOTS	24 DOMINO'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	25 ORANGE CHICKEN w/RICE FORTUNE COOKIE	26 DUTCH WAFFLE SAUSAGE HASH BROWN	
28 PARENTS MAY ADD MONEY TO THEIR CHILD'S LUNCH ACCOUNT AT PAYFORIT.NET	29  MEMORIAL DAY SCHOOLS CLOSED	30 CHICKEN STRIPS CURLY FRIES JUICE	31 MOZZARELLA STICKS SALAD w/ LOWFAT DRESSING JUICE	STUDENT PRICES: PAID LUNCH \$3.00 REDUCED \$.40 A LA CARTE \$2.10 MILK/JUICE \$0.65	ALL BREAD IS WHOLE GRAIN OR WHEAT; ALL FRIES ARE BAKED	MENU SUBJECT TO CHANGE Carolyn Jefferson Food Service Director 856.384.2607

