

November

2018

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 of Canned Fruits	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		 "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"	1 CORN DOG NUGGETS TATER TOTS	2 PIZZA SALAD w/ LOWFAT DRESSING JUICE	3 BREAD IS WHOLE GRAIN OR WHEAT; ALL FRIES ARE BAKED
	5 PORKROLL & CHEESE FRIES	6 CHEESESTEAK PEAS	7 8 9 FULL DAY TEACHER INSERVICE SCHOOLS CLOSED 			STUDENT PRICES: 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
AVAILABLE DAILY: ASSORTED COLD SANDWICHES, SUNBUTTER & JELLY (nut free!), WRAPS, HOAGIES, "LUNCHABLES" & SALADS	12 BUILD YOUR OWN BURGER TATER TOTS	13 CHEESY STICKS MEATBALLS	14 DUTCH WAFFLE HASHBROWN ROUNDS YOGURT	15 BONELESS WINGS BROCCOLI JELLO	16 CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	TIPS FOR A HEALTHY THANKSGIVING: Start Thanksgiving with PHYSICAL ACTIVITY & 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.
22 BREAKFAST SERVED DAILY; VARIETY OF LOW FAT MILK SERVED DAILY	19 BUILD YOUR OWN GRILLED CHICKEN SANDWICH FRIES	20 HOLIDAY MEAL ROAST TURKEY MASHED POTATOES W/GRAVY GREEN BEANS CRANBERRY SAUCE	21 *1/2 DAY PIZZA CRUNCHERS CARROTS	22 23  HAPPY Thanksgiving SCHOOLS CLOSED		
29 PARENTS MAY ADD MONEY TO THEIR CHILD'S LUNCH ACCOUNT OR CHECK THEIR ACCOUNT AT PAYSCHOOLSCENTRAL.COM	26 CHEESEBURGER SUB EMOJI FRIES	27 MEATBALL SANDWICH CORN PUDDING	28 WALKING TACO BAKED BEANS	29 MONTE CRISTO CLUB TATER TOTS	30 PIZZA SALAD w/ LOWFAT DRESSING JUICE	
						MENU SUBJECT TO CHANGE Carolyn Jefferson Food Service Director 856.384.2607

