





# October

# 2018

## West Deptford Middle School Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>ASSORTED DAILY FRESH FRUIT &amp; VEGGIE BAR</b> <b>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>1</b> CHEESEBURGER SUB FRIES 	<b>2</b> MEATBALL SANDWICH CARROTS	<b>3</b> CHICKEN FAJITAS BAKED BEANS	<b>4</b> PEPPERONI PIZZA SALAD w/ LOWFAT DRESSING	<b>5</b> <b>SCHOOLS CLOSED IN-SERVICE</b>	<b>7</b> <b>"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"</b>
	<b>8</b> <b>SCHOOLS CLOSED COLUMBUS DAY</b>	<b>9</b> PIZZA STEAK GREEN BEANS	<b>10</b> DUTCH WAFFLE YOGURT HASH BROWN	<b>11</b> GRILLED CHEESE ON PRETZEL BUN PEAS		<b>12</b> CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE
<b>AVAILABLE DAILY: ASSORTED COLD SANDWICHES, PB&amp;J, WRAPS, HOAGIES, "LUNCHABLES" &amp; SALADS</b>	<b>15</b> POPCORN CHICKEN MASHED POTATOES w/GRAVY	<b>16</b> CHEESESTEAK BROCCOLI	<b>17</b> WALKING TACO BAKED BEANS	<b>18</b> BBQ PULLED PORK SANDWICH COLESLAW JELLO	<b>19</b> PIZZA SALAD w/ LOWFAT DRESSING JUICE	 <i>Halloween is actually a great time of year to begin practicing balance and mindfulness when it comes to eating, since it's the official kick-off of the holiday season. Remember, it's alright to indulge in treats, just don't forget to practice moderation.</i>
	<b>NATIONAL SCHOOL LUNCH WEEK</b>					
<b>22</b> <b>VARIETY OF LOW FAT &amp; FAT FREE MILK SERVED DAILY</b>	<b>22</b> BACON CHEESEBURGER FRIES	<b>23</b> BAKED ZITI GARLIC TOAST PUDDING	<b>24</b> BACON EGG & CHEESE SANDWICH HASH BROWN	<b>25</b> TURKEY & CHEESE HOAGIE BAKED CHIPS	<b>26</b> CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	
<b>29</b> <b>PARENTS MAY ADD MONEY TO THEIR CHILD'S LUNCH ACCOUNT OR CHECK THEIR ACCOUNT AT PAYSCHOOLSCENTRAL.COM</b>	<b>29</b> BUILD YOUR OWN GRILLED CHICKEN SANDWICH TATER TOTS	<b>30</b> CHEESY STICKS w/MEATBALLS CORN	<b>31</b>  POPCORN CHICKEN CARROTS PUMPKIN SHAPED COOKIE	<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>MENU SUBJECT TO CHANGE</b> <b>Carolyn Jefferson Food Service Director 856.384.2607</b>

