



**West Deptford
Elementary Schools
Lunch Menu**

SEPTEMBER 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	5 Meal Components for School Lunch  <p>1. Meat/Protein 2. Grain 3. Fruit/Juice 4. Vegetable 5. Milk</p> <p>For best nutrition, choose all 5!</p> <p>3</p> <p>LABOR DAY SCHOOLS CLOSED</p> <p>4 *1/2 DAY  CHICKEN PATTY CHIPS</p> <p>5 *1/2 DAY MOZZARELLA STICKS w/WG ROLL BROCCOLI JUICE</p> <p>6 GRILLED CHEESE ON PRETZEL BUN CARROTS</p> <p>7 CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE</p> <p>8 BREAD IS WHOLE GRAIN OR WHEAT; ALL FRIES ARE BAKED  EAT BETTER... PLAY HARDER... LIVE HEALTHIER... LEARN EASIER... WELLNESS IS A WAY OF LIFE!</p>					1 "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"
AVAILABLE DAILY: Hot Dog, Assorted Cold Sandwiches, SunButter & Jelly (nut-free!) AVAILABLE TUES: Breakfast in a Bag (cereal/ yogurt/cheese stick/fruit/milk) AVAILABLE THURS: Lunchables	10 CHEESEBURGER FRIES	11 DUTCH WAFFLE HASH BROWN YOGURT	12 WALKING TACOS BAKED BEANS JUICE	13 PANCAKES w/SYRUP SAUSAGE HASH BROWN	14 PEPPERONI PIZZA SALAD w/ LOWFAT DRESSING JUICE	15 WELLNESS IS A WAY OF LIFE!
16 BREAKFAST SERVED DAILY; VARIETY OF LOW FAT MILK SERVED DAILY	17 POPCORN CHICKEN w/WG ROLL MASHED POTATOES w/GRAVY	18 PIZZA CRUNCHERS CORN PUDDING	19 BACON EGG & CHEESE SANDWICH TATER TOTS JUICE	20 CORN DOG GREEN BEANS JELLO	21 CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	15 WELLNESS IS A WAY OF LIFE!
23 PARENTS MAY ADD MONEY TO THEIR CHILD'S LUNCH ACCOUNT OR CHECK THEIR ACCOUNT AT PAYSCHOOLSCENTRAL.COM	24 CHEESEBURGER FRIES	25 RAVIOLI & MEAT SAUCE GARLIC STICK	26 WALKING TACOS BAKED BEANS JUICE	27 FRENCH TOAST STICKS w/SYRUP YOGURT HASH BROWN	28 PIZZA SALAD w/ LOWFAT DRESSING JUICE	16 MENU SUBJECT TO CHANGE Carolyn Jefferson Food Service Director 856.384.2607

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 & return it your child's school
<https://westdeptford.payschools.com>

You must choose 3 components, one of which MUST be a fruit/vegetable

STUDENT PRICES:
 LUNCH \$2.80
 REDUCED LUNCH \$.40
 BREAKFAST \$2.00
 REDUCED BREAKFAST \$.30
 MILK/JUICE/SNACKS \$.65
 FRUIT SNACKS \$.75

