





October

2018

West Deptford High 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	1 CHEESEBURGER SUB FRIES 	2 MEATBALL SANDWICH CARROTS	3 PORKROLL & CHEESE PEAS	4 PEPPERONI PIZZA SALAD w/ LOWFAT DRESSING	5 SCHOOLS CLOSED IN-SERVICE	6 "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"
	8 SCHOOLS CLOSED COLUMBUS DAY	9 PIZZA STEAK GREEN BEANS	10 DUTCH WAFFLE YOGURT HASH BROWN	11 HOT TURKEY SANDWICH ON LONG ROLL MASHED POTATOES w/GRAVY		12 CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE
AVAILABLE DAILY: ASSORTED COLD SANDWICHES, PB&J, WRAPS, HOAGIES, "LUNCHABLES" & SALADS	15 BUFFALO CHICKEN TENDERS FRIES	16 CHEESESTEAK BROCCOLI	17 TACO BAKED BEANS	18 BBQ PULLED PORK SANDWICH COLESLAW JELLO	19 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>
	NATIONAL SCHOOL LUNCH WEEK					
21 PARENTS MAY ADD MONEY TO THEIR CHILD'S LUNCH ACCOUNT OR CHECK THEIR ACCOUNT AT PAYSCHOOLSCENTRAL.COM	22 BACON CHEESEBURGER FRIES	23 BAKED ZITI GARLIC TOAST PUDDING	24 BACON EGG & CHEESE SANDWICH HASH BROWN	25 BUFFALO RANCH CHICKEN SANDWICH GREEN BEANS	26 CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	MENU SUBJECT TO CHANGE Carolyn Jefferson <i>Food Service Director</i> 856.384.2607
STUDENT PRICES: LUNCH \$3.10 REDUCED LUNCH \$.40 BREAKFAST \$2.25 REDUCED BREAKFAST \$.30 MILK/JUICE \$0.65 A LA CARTE \$2.10 EXTRA ENTREE \$1.50	29 BUILD YOUR OWN GRILLED CHICKEN SANDWICH TATER TOTS	30 CHEESY STICKS w/MEATBALLS CORN	31  POPCORN CHICKEN CARROTS PUMPKIN SHAPED COOKIE	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		

