



**West Deptford
High School
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>					1 "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"
AVAILABLE DAILY: ASSORTED COLD SANDWICHES, SUNBUTTER & JELLY (nut free!), WRAPS, HOAGIES, LUNCHABLES & SALADS	10 BUILD YOUR OWN BURGER FRIES	11 CHEESESTEAK CORN	12 WALKING TACOS BAKED BEANS JUICE	13 GRILLED CHEESE CARROTS PUDDING	14 CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	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!
16 BREAKFAST SERVED DAILY; VARIETY OF LOW FAT MILK SERVED DAILY	17 POPCORN CHICKEN w/WG ROLL MASHED POTATOES w/GRAVY	18 RAVIOLI & MEAT SAUCE GARLIC STICK	19 BACON EGG & CHEESE SANDWICH TATER TOTS JUICE	20 BBQ CHICKEN SANDWICH PEAS	21 PIZZA SALAD w/ LOWFAT DRESSING JUICE	28 MENU SUBJECT TO CHANGE Carolyn Jefferson Food Service Director 856.384.2607
23 PARENTS MAY ADD MONEY TO THEIR CHILD'S LUNCH ACCOUNT OR CHECK THEIR ACCOUNT AT PAYSCHOOLSCENTRAL.COM	24 BUILD YOUR OWN GRILLED CHICKEN SANDWICH FRIES	25 DUTCH WAFFLE HASH BROWN YOGURT	26 WALKING TACOS BAKED BEANS JUICE	27 CORN DOG BROCCOLI JELLO	28 CICONTE'S PIZZA SALAD w/ LOWFAT DRESSING JUICE	



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>

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

