

# High School Menu

April 9 – 13, 2017

**Daily Breakfast Entrées Include:**

*Fruit Parfaits, WG Cereal, WG Donuts, or Daily Pastry.*

**Monday**

WG Pancakes  
w/ Fruit Topping

**Tuesday**

Breakfast Casserole

**Wednesday**

Sausage WG Biscuits

**Thursday**

Freshly Baked Muffins

**Friday**

Breakfast Sandwiches

How to Build a  
**Breakfast Meal**

- 1 - Entrée Choice
- 2 - Fruit (1 can be Fruit Juice)
- 1 - 8oz Low-Fat or Fat Free Milk



**GRAB 'N GO**

**Daily Entrées Include:**

*All meal include milk*

**Monday**

🍕 Pizza Deep Dish

**Tuesday**

Beef Sticks

**Wednesday**

Chicken Nuggets

**Thursday**

🍗 Chicken Strips

**Friday**

🍗 WG Bosco Sticks

**Daily Featured side item:**

Carrots, Celery, Humus, Veggie Cups,  
Super side, Apple Slices, Applesauce,  
Whole Fruit, Side Salads

How to Build a  
**Lunch Meal**

- 1 - Entrée (bread & protein)
- 1 to 2 Fruit Choice
- 1 to 2 Vegetable Choice
- 1 - 8oz Low-Fat or Fat Free Milk

**DELPHI CLASICS**

**Daily Entrées Include:**

*All meal include milk*

**Monday**

Orange Chicken w/ Brown Rice  
Romaine Salad, Fresh Veggies &  
Peaches

**Tuesday**

Chicken Drumsticks w/ Mashed  
Potatoes, Broccoli & Cauliflower,  
Peas & Apples

**Wednesday**

Cheeseburger  
French Fries, Carrots & Banana

**Thursday**

Chicken Fajitas  
Lettuce, Tomatoes, WG Corn Bread  
& Oranges

**Friday**

Pizza  
🍌 Vegetarian Pizza Options  
Fresh Veggies and Romaine Salad  
Mixed Fruit

**EXPO - High School Only**

**Weekly Featured Items:**

*All meal include milk*

*Build your own  
Beef Tacos*

*Your Choice of Toppings:*

Lettuce, Tomatoes, and American  
Cheese

***Build Your Own Turkey or  
Ham Subs***

*Our Choice of Toppings:*

Lettuce, Spinach, Pickles  
Cucumbers, Tomatoes, Peppers, and  
American Cheese

***Build Your Own Salad***

*Our Choice of Toppings:*

Diced Turkey, Ham,  
Cucumbers, Broccoli, Carrots,  
Tomatoes, Peppers, and Cheese  
Served with WG Roll

*All Expo Items can be built for Vegetarian*

**Feature Station - High School Only**

**Tuesday, Wednesday & Thursday**

**Oriental Bar**

*All meal include milk*

Orange Chicken  
w/ Rice or Noodles

*\*Menu Subject to Change. Also look for our 🍌 Vegetarian & 🍗 Go Healthy Options throughout the week*

**Grab 'N Go Daily Alternative Entrée Options**

🍗 Chef Salad

🍌 🍌 Veggie Salad

🍌 Cheese Bosco Sticks

🍌 PBJ Uncrustable w cheese stick

**Daily Grab 'n Go side item:**

Carrots, Celery, Humus, Veggie Cups, Super side, Apple Slices, Applesauce, Whole Fruit, Side Salads

*This is an equal opportunity employers*

# High School Menu

April 16 – 20, 2017

**Daily Breakfast Entrées Include:**  
Fruit Parfaits, WG Cereal, WG Donuts, or Daily Pastry.

<b><u>Monday</u></b> WG Biscuit & Gravy	<b><u>Tuesday</u></b> Breakfast Burritos	<b><u>Wednesday</u></b> Egg WG Biscuits	<b><u>Thursday</u></b> Cinnamon WG Roll/ Knots	<b><u>Friday</u></b> Breakfast Sandwiches
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How to Build a  
**Breakfast Meal**  
1 - Entrée Choice  
2 - Fruit (1 can be Fruit Juice)  
1 - 8oz Low-Fat or Fat Free Milk



How to Build a  
**Lunch Meal**  
1 - Entrée (bread & protein)  
1 to 2 Fruit Choice  
1 to 2 Vegetable Choice  
1 - 8oz Low-Fat or Fat Free Milk

## DELPHI CLASICS

***Daily Entrées Include:***  
*All meal include milk*

**Monday**  
Chicken Nuggets  
Sweet Potatoes, Fresh Cucumbers,  
Celery & Pineapple

**Tuesday**  
Beef Tacos Sticks  
Lettuce, Tomatoes, Corn Salsa &  
Banana

**Wednesday**  
Tony Deep Dish Pizza  
Edamame Corn Salad, Roamine Salad  
& Applesauce

**Thursday**  
BBq Pork  
Baked Beans, Peaches, Cheesy  
Broccoli & Cauliflower

**Friday**  
Pizza  
🌱 Vegetarian Pizza Options  
Fresh Veggies and Spinach Salad  
Mixed Fruit

## GRAB 'N GO

***Daily Entrées Include:***  
*All meal include milk*

**Monday**  
🌱 Pizza

**Tuesday**  
Chicken Patty w/ WG Bun

**Wednesday**  
🌱 Cheeseburger

**Thursday**  
🌱 Mozza Sticks w/ Marinara

**Friday**  
🌱 WG Bosco Sticks

***Daily Featured side item:***  
Carrots, Celery, Humus, Veggie Cups,  
Super side, Apple Slices, Applesauce,  
Whole Fruit, Side Salads

## Feature Station - High School Only

**Tuesday, Wednesday & Thursday**  
**Wing Bar**  
*All meal include milk*  
Loaded Chicken

## EXPO - High School Only

***Weekly Featured Items:***  
*All meal include milk*

*Build your own*  
**Chicken Tacos**  
*Your Choice of Toppings:*  
Lettuce, Tomatoes, and American  
Cheese

**Build Your Own Turkey or  
Ham Subs**  
*Our Choice of Toppings:*  
Lettuce, Spinach, Pickles  
Cucumbers, Tomatoes, Peppers, and  
American Cheese

**Build Your Own Salad**  
*Our Choice of Toppings:*  
Diced Turkey, Ham,  
Cucumbers, Broccoli, Carrots,  
Tomatoes, Peppers, and Cheese  
Served with WG Roll

*All Expo Items can be built for Vegetarian*

*\*Menu Subject to Change. Also look for our 🌱 Vegetarian & 🌱 Go Healthy Options throughout the week*

## Grab 'N Go Daily Alternative Entrée Options

🌱 Chef Salad      🌱 🌱 Veggie Salad      🌱 Cheese Bosco Sticks      🌱 PBJ Uncrustable w cheese stick

***Daily Grab 'n Go side item:***  
Carrots, Celery, Humus, Veggie Cups, Super side, Apple Slices, Applesauce, Whole Fruit, Side Salads  
*This is an equal opportunity employer*

# High School Menu

April 23 - 27, 2017

**Daily Breakfast Entrées Include:**

*Fruit Parfaits, WG Cereal, WG Donuts, or Daily Pastry.*

**Monday**

WG Biscuit & Gravy

**Tuesday**

Blueberry Bake

**Wednesday**

Bacon & Egg WG Biscuits

**Thursday**

WG Funnel Cakes w/ Fruit

**Friday**

Breakfast Sandwiches

How to Build a  
**Breakfast Meal**

- 1 - Entrée Choice
- 2 - Fruit (1 can be Fruit Juice)
- 1 - 8oz Low-Fat or Fat Free Milk



**GRAB 'N GO**

**Daily Entrées Include:**

*All meal include milk*

**Monday**

🍕 Pizza Slice

**Tuesday**

Chicken Patty w/ WG Bun

**Wednesday**

Taco Sticks

**Thursday**

🍕 Deep Dish Pizza

**Friday**

🍷 WG Bosco Sticks

**Daily Featured side item:**

Carrots, Celery, Humus, Veggie Cups, Super side, Apple Slices, Applesauce, Whole Fruit, Side Salads

How to Build a  
**Lunch Meal**

- 1 - Entrée (bread & protein)
- 1 to 2 Fruit Choice
- 1 to 2 Vegetable Choice
- 1 - 8oz Low-Fat or Fat Free Milk

**DELPHI CLASICS**

**Daily Entrées Include:**

*All meal include milk*

**Monday**

Chicken Strips w/ WG Roll  
Mashed Potatoes, Green Beans, & Apples

**Tuesday**

Thai Lemon Chicken  
w/ Brown Rice, Broccoli, Carrots & Oranges

**Wednesday**

BBQ Meatballs Sub  
California Blend, Corn & Applesauce

**Thursday**

Country Fried Steak w/ WG Roll  
Mashed Potatoes, Fresh Carrots, Celery & Peaches

**Friday**

Pizza  
🍕 Vegetarian Pizza Options  
Fresh Veggies and Romaine Salad  
Mixed Fruit

**EXPO - High School Only**

**Weekly Featured Items:**

*All meal include milk*

*Build your own  
Beef Tacos*

*Your Choice of Toppings:*

Lettuce, Tomatoes, and American Cheese

***Build Your Own Turkey or Ham Subs***

*Our Choice of Toppings:*

Lettuce, Spinach, Pickles  
Cucumbers, Tomatoes, Peppers, and American Cheese

***Build Your Own Salad***

*Our Choice of Toppings:*

Diced Turkey, Ham,  
Cucumbers, Broccoli, Carrots,  
Tomatoes, Peppers, and Cheese  
Served with WG Roll

*All Expo Items can be built for Vegetarian*

**Feature Station - High School Only**

**Tuesday, Wednesday & Thursday**

**All American**

*All meal include milk*

Cheeseburger

*\*Menu Subject to Change. Also look for our 🍕 Vegetarian & 🍷 Go Healthy Options throughout the week*

**Grab 'N Go Daily Alternative Entrée Options**

🍷 Chef Salad

🍷 🍕 Veggie Salad

🍕 Cheese Bosco Sticks

🍕 PBJ Uncrustable w cheese stick

**Daily Grab 'n Go side item:**

Carrots, Celery, Humus, Veggie Cups, Super side, Apple Slices, Applesauce, Whole Fruit, Side Salads

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# High School Menu

April 30 - May 4, 2017

**Daily Breakfast Entrées Include:**

*Fruit Parfaits, WG Cereal, WG Donuts, or Daily Pastry.*

**Monday**

WG Biscuits and Gravy

**Tuesday**

French Toast Apple Bake

**Wednesday**

Chicken WG Biscuits

**Thursday**

Cinnamon WG Rolls/Knots

**Friday**

Breakfast Sandwiches

How to Build a  
**Breakfast Meal**

- 1 - Entrée Choice
- 2 - Fruit (1 can be Fruit Juice)
- 1 - 8oz Low-Fat or Fat Free Milk



How to Build a  
**Lunch Meal**

- 1 - Entrée (bread & protein)
- 1 to 2 Fruit Choice
- 1 to 2 Vegetable Choice
- 1 - 8oz Low-Fat or Fat Free Milk

**DELPHI CLASICS**

***Daily Entrées Include:***  
*All meal include milk*

**Monday**

Pork Fritters w/ Bun  
Red Peppers, Green Beans, Tater  
Tots, & Oranges

**Tuesday**

Teriyaki Chicken w/ Rice  
Romaine Lettuce, Tomatoes, Broccoli  
& Banana

**Wednesday**

Turkey Manhattans w/ Mashed  
Potatoes, Green Beans & Pears

**Thursday**

Pizza  
Vegetarian Pizza Options  
Fresh Veggies, Spinach Salad &  
Banana

**Friday**



Chicken Tacos w/ Churro  
Lettuce, Tomatoes, Black Beans &  
Mixed Fruit

**GRAB 'N GO**

***Daily Entrées Include:***  
*All meal include milk*

**Monday**

🍕 Pizza Slice

**Tuesday**

🌮 Mini Tacos

**Wednesday**

🍗 Chicken Nuggets

**Thursday**

🍔 Cheeseburger w/ WG Buns

**Friday**

🍌 WG Bosco Sticks

***Daily Featured side item:***  
Carrots, Celery, Humus, Veggie Cups,  
Super side, Apple Slices, Applesauce,

**Feature Station - High School Only**

**Tuesday, Wednesday & Thursday**  
***Oriental Bar***

*All meal include milk*

Orange or Teriyaki Chicken  
Served with WG Roll

**EXPO - High School Only**

***Weekly Featured Items:***  
*All meal include milk*

*Build your own*  
***Chicken Tacos***

***Your Choice of Toppings:***  
Lettuce, Tomatoes, and American  
Cheese

***Build Your Own Turkey or***  
***Ham Subs***

***Our Choice of Toppings:***  
Lettuce, Spinach, Pickles  
Cucumbers, Tomatoes, Peppers, and  
American Cheese

***Build Your Own Salad***

***Our Choice of Toppings:***  
Diced Turkey, Ham,  
Cucumbers, Broccoli, Carrots,  
Tomatoes, Peppers, and Cheese  
Served with WG Roll

*All Expo Items can be built for Vegetarian*

*\*Menu Subject to Change. Also look for our 🍌 Vegetarian & 🍌 Go Healthy Options throughout the week*

**Grab 'N Go Daily Alternative Entrée Options**

🍌 Chef Salad

🍌 🍌 Veggie Salad

🍌 Cheese Bosco Sticks

🍌 PBJ Uncrustable w cheese stick

***Daily Grab 'n Go side item:***  
Carrots, Celery, Humus, Veggie Cups, Super side, Apple Slices, Applesauce, Whole Fruit, Side Salads

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# High School Menu

May 7 – 11, 2017

***Daily Breakfast Entrées Include:***

*Fruit Parfaits, WG Cereal, WG Donuts, or Daily Pastry.*

**Monday**

WG Pancakes  
w/ Fruit Topping

**Tuesday**

Breakfast Casserole

**Wednesday**

Sausage WG Biscuits

**Thursday**

Freshly Baked Muffins

**Friday**

Breakfast Sandwiches

How to Build a  
**Breakfast Meal**

- 1 - Entrée Choice
- 2 - Fruit (1 can be Fruit Juice)
- 1 - 8oz Low-Fat or Fat Free Milk



How to Build a  
**Lunch Meal**

- 1 - Entrée (bread & protein)
- 1 to 2 Fruit Choice
- 1 to 2 Vegetable Choice
- 1 - 8oz Low-Fat or Fat Free Milk

**DELPHI CLASICS**

***Daily Entrées Include:***

*All meal include milk*

**Monday**

Twisted Broccoli Alfredo

- 🌱 Vegetarian Pasta Options
- Carrots & Apples

**Tuesday**

Chicken Patties w/ WG Bun

Broccoli Salad & Pineapple

**Wednesday**

Texas Straw Hats

- 🌱 Vegetarian Options

Romaine Lettuce, Tomatoes, Black Beans Salad & Banana

**Thursday**

- 🌱 Lasagna Rollup w/ WG

Breadstick, Peas, Carrots & Peaches

**Friday**

Pizza

- 🌱 Vegetarian Pizza Options

Fresh Veggies and Romaine Salad  
Mixed Fruit

**GRAB 'N GO**

***Daily Entrées Include:***

*All meal include milk*

**Monday**

- 🌱 Pizza

**Tuesday**

Pork Fritters w/ Bun

**Wednesday**

- 🌱 Egg Rolls

**Thursday**

- 🌱 Chicken Strips

**Friday**

- 🌱 WG Bosco Sticks

***Daily Featured side item:***

Carrots, Celery, Humus, Veggie Cups, Super side, Apple Slices, Applesauce, Whole Fruit, Side Salads

**EXPO - High School Only**

***Weekly Featured Items:***

*All meal include milk*

*Build your own  
Beef Tacos*

*Your Choice of Toppings:*

Lettuce, Tomatoes, and American Cheese

***Build Your Own Turkey or Ham Subs***

*Our Choice of Toppings:*

Lettuce, Spinach, Pickles  
Cucumbers, Tomatoes, Peppers, and American Cheese

***Build Your Own Salad***

*Our Choice of Toppings:*

Diced Turkey, Ham,  
Cucumbers, Broccoli, Carrots,  
Tomatoes, Peppers, and Cheese  
Served with WG Roll

*All Expo Items can be built for Vegetarian*

**Feature Station - High School Only**

**Tuesday, Wednesday & Thursday**

***Noodle Bar***

*All meal include milk*

Chicken Pasta  
w/ Broccoli and WG Roll

*\*Menu Subject to Change. Also look for our 🌱 Vegetarian & 🌱 Go Healthy Options throughout the week*

**Grab 'N Go Daily Alternative Entrée Options**

🌱 Chef Salad

🌱 🌱 Veggie Salad

🌱 Cheese Bosco Sticks

🌱 PBJ Uncrustable w cheese stick

***Daily Grab 'n Go side item:***

Carrots, Celery, Humus, Veggie Cups, Super side, Apple Slices, Applesauce, Whole Fruit, Side Salads

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# High School Menu

May 14 – 18, 2017

Daily Breakfast Entrées Include:  
Fruit Parfaits, WG Cereal, WG Donuts, or Daily Pastry.

**Monday** WG Biscuit & Gravy      **Tuesday** Breakfast Burritos      **Wednesday** Egg WG Biscuits      **Thursday** Cinnamon WG Roll/ Knots      **Friday** Breakfast Sandwiches

How to Build a  
**Breakfast Meal**  
1 - Entrée Choice  
2 - Fruit (1 can be Fruit Juice)  
1 - 8oz Low-Fat or Fat Free Milk



How to Build a  
**Lunch Meal**  
1 - Entrée (bread & protein)  
1 to 2 Fruit Choice  
1 to 2 Vegetable Choice  
1 - 8oz Low-Fat or Fat Free Milk

## DELPHI CLASICS

**Daily Entrées Include:**  
All meal include milk

**Monday**  
Nachos w/ Lettuce & Tomatoes  
🌱 Vegetarian Nacho Options  
Black Bean Salad and Pears

**Tuesday**  
Chicken Nuggets  
🌱 Vegetarian Pasta Options  
Broccoli, Carrots & Banana

**Wednesday**  
🍗 Chicken Leg w/ WG Corn Bread  
Mashed Potatoes, Green Beans & Peaches

**Thursday**  
🍗 Long John's Silver w/ WG Biscuit, French Fries, Cole Slaw and Apples

**Friday**  
Pizza  
🌱 Vegetarian Pizza Options  
Fresh Veggies and Spinach Salad  
Mixed Fruit

## GRAB 'N GO

**Daily Entrées Include:**  
All meal include milk

**Monday**  
🍕 Pizza

**Tuesday**  
Chicken Patty w/ WG Bun

**Wednesday**  
🍕 Deep Dish Pizza

**Thursday**  
🍕 Mozza Sticks w/ Marinara

**Friday**  
🍗 Bosco Sticks

**Daily Featured side item:**  
Carrots, Celery, Humus, Veggie Cups, Super side, Apple Slices, Applesauce, Whole Fruit, Side Salads

## Feature Station - High School Only

**Tuesday, Wednesday & Thursday**  
**Mexican Bar**  
All meal include milk

Loaded Taco Salad  
w/ Salsa and Sour Cream

## EXPO - High School Only

**Weekly Featured Items:**  
All meal include milk

Build your own  
**Chicken Tacos**  
**Your Choice of Toppings:**  
Lettuce, Tomatoes, and American Cheese

**Build Your Own Turkey or Ham Subs**  
**Our Choice of Toppings:**  
Lettuce, Spinach, Pickles  
Cucumbers, Tomatoes, Peppers, and American Cheese

**Build Your Own Salad**  
**Our Choice of Toppings:**  
Diced Turkey, Ham,  
Cucumbers, Broccoli, Carrots,  
Tomatoes, Peppers, and Cheese  
Served with WG Roll

All Expo Items can be built for Vegetarian

\*Menu Subject to Change. Also look for our 🌱 Vegetarian & 🍗 Go Healthy Options throughout the week

## Grab 'N Go Daily Alternative Entrée Options

🍗 Chef Salad      🌱 🍕 Veggie Salad      🍕 Cheese Bosco Sticks      🍕 PBJ Uncrustable w cheese stick

**Daily Grab 'n Go side item:**  
Carrots, Celery, Humus, Veggie Cups, Super side, Apple Slices, Applesauce, Whole Fruit, Side Salads  
*This is an equal opportunity employer*

# High School Menu

May 21 – 24, 2017

Daily Breakfast Entrées Include:  
Fruit Parfaits, WG Cereal, WG Donuts, or Daily Pastry.

**Monday** WG Biscuits and Gravy    **Tuesday** French Toast Apple Bake    **Wednesday** Chicken WG Biscuits    **Thursday** Cinnamon WG Rolls/Knots    **Friday** No School

## How to Build a Breakfast Meal

- 1 - Entrée Choice
- 2 - Fruit (1 can be Fruit Juice)
- 1 - 8oz Low-Fat or Fat Free Milk



## How to Build a Lunch Meal

- 1 - Entrée (bread & protein)
- 1 to 2 Fruit Choice
- 1 to 2 Vegetable Choice
- 1 - 8oz Low-Fat or Fat Free Milk

### DELPHI CLASICS

#### Daily Entrées Include:

##### Monday

Orange Chicken with Rice  
Carrots, Cauliflower & Applesauce

##### Tuesday

Country Fried Steak  
Mashed Potatoes, Green Beans, Corn & Pears

##### Wednesday

#### Chicken Strips

Salads, Cali Blend, & Mixed Fruit

##### Thursday

Pizza

Vegetarian Pizza Options  
Fresh Veggies, Spinach Salad & Mixed Fruit

##### Friday

No School

### GRAB 'N GO

*Daily Entrées Include:*  
All meal include milk

##### Monday

Pizza Slice

##### Tuesday

Pork Fritters w/ Bun

##### Wednesday

Chicken Nuggets

##### Thursday

Bosco Sticks

##### Friday

No School

#### Daily Featured side item:

Carrots, Celery, Humus, Veggie Cups, Super side, Apple Slices, Applesauce, Whole Fruit, Side Salads

### Feature Station - High School Only

#### Tuesday, Wednesday & Thursday

#### End of the Year

All meal include milk

Cook's Special

### EXPO - High School Only

#### Weekly Featured Items:

All meal include milk

Build your own

#### Tacos

Your Choice of Toppings:

Lettuce, Tomatoes, and American Cheese

#### Build Your Own Turkey or Ham Subs

Our Choice of Toppings:

Lettuce, Spinach, Pickles  
Cucumbers, Tomatoes, Peppers, and American Cheese

#### Build Your Own Salad

Our Choice of Toppings:

Diced Turkey, Ham,  
Cucumbers, Broccoli, Carrots,  
Tomatoes, Peppers, and Cheese  
Served with WG Roll

All Expo Items can be built for Vegetarian

\*Menu Subject to Change. Also look for our Vegetarian & Go Healthy Options throughout the week

### Grab 'N Go Daily Alternative Entrée Options

Chef Salad

Veggie Salad

Cheese Bosco Sticks

PBJ Uncrustable w cheese stick

#### Daily Grab 'n Go side item:

Carrots, Celery, Humus, Veggie Cups, Super side, Apple Slices, Applesauce, Whole Fruit, Side Salads

This is an equal opportunity employers