

High & Middle School Menu

Sept 30 – Oct 4

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

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Waffles Sausage Patty Apple Slices Oranges Fruit Juice	French Toast W/ Fruit Topping Cheese Stick Banana Fruit Juice	Chicken Biscuit Dried Fruit Apples Fruit Juice	Cinnamon Knots Cheese Stick Apple Slices Bananas Fruit Juice	Breakfast Sandwiches Apples Applesauce Fruit Juice

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 Classic

Daily High Only Expo Items
Build Your Own Entree

Grab 'n Go

Monday	<p>Pancakes w/ Scrambled eggs Hash Browns, Cherry Tomatoes, Baked Apples & Mandarin Oranges</p>	<p><i>Build Your Own Wrap</i> Your Choice of Meat, Lettuce, Tomatoes, Cheese, Ranch & Salsa</p>	<p>Bosco Sticks w/ Marinara Chef Salad 🥬Veggie Salad 🥪PBJ Uncrustable</p>
Tuesday	<p>Chicken Quesadilla Onion & Pepper Mix, Salsa, Tex Mex Beans, Applesauce & Peaches</p>	<p><i>Build Your Own Taco with Your Choice of Taco Meat</i> Lettuce, Tomatoes, Cheese & Salsa</p>	<p>🥬Nachos or Chicken Sandwich Chef Salad 🥬Veggie Salad 🥪PBJ Uncrustable</p>
Wednesday	<p>Chicken Leg w/ Corn Bread Romaine Salad, Green Beans, Banana & Pineapple</p>	<p><i>Build Your Own Wrap</i> With Your Choice of Meat, Lettuce, Tomatoes, Cheese, Ranch, BBQ</p>	<p>🥬Bosco Sticks w/ Marinara Chef Salad 🥬Veggie Salad 🥪PBJ Uncrustable</p>
Thursday	<p>Country Fried Steak w/ Roll Mashed Potatoes, Broccoli, Whole Orange & Pears</p>	<p><i>Build Your Own Wrap</i> Your Choice of Meat, Lettuce, Tomatoes, Cheese, Ranch & Salsa</p>	<p>🥬Nachos or Chicken Sandwich Chef Salad 🥬Veggie Salad 🥪PBJ Uncrustable</p>
Friday	<p>Pizza 🥬Vegetarian Pizza Options Fresh Veggies and Romaine Salad Mixed Fruit <i>All meal include milk</i></p>	<p>Weekly Expo Items Only Build Your Own Sub or Salad <i>All meal include milk</i> <i>All Expo Items can be built for</i> 🥬 <i>Vegetarian</i></p>	<p>Pizza Chef Salad 🥬Veggie Salad 🥪PBJ Uncrustable <i>All meal include milk</i></p>

Daily Grab 'n Go side item: Celery, Humus, Super side, Side Salads, Apple Slices, Applesauce and/or Banana

Weekly Expo Items

All meal include milk
Build Your Own Turkey or Ham Subs with
Lettuce, Pickles, Tomatoes, Pepper Jack or American Cheese
Build Your Own Salad with
Diced Turkey, Diced Ham, Eggs, Cucumbers, Broccoli, Carrots,
Tomatoes, & Cheese. Served with WG Roll

Feature Station - High School Only

Tuesday, Wednesday & Thursday
Breakfast Bar
All meal include milk
Pancakes w/ Fruit Toppings, Scrambled Eggs, Sausage
Patty, & Hash browns

*Menu Subject to Change. Also look for our 🥬 Vegetarian Options

This is an equal opportunity employers