

/ High & Middle School Menu

September 23-27

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>
Pancakes w/ Fruit Topping Sausage Patty Apple Slices Fruit Juice	French Toast Bake Cheese Stick Applesauce Banana Fruit Juice	Chicken Biscuit Dried Fruit Apples Fruit Juice	Fresh Baked Muffins Cheese Stick Apple Slices Bananas Fruit Juice	Breakfast Sandwiches Apples Oranges 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

	Delphi Classic	Daily High Only Expo Items	Grab 'n Go
Monday	<p>Orange Chicken w/ WG Rice Broccoli, Carrots, Applesauce & Pears</p>	<p>Build Your Own Wrap Your Choice of Meat, Lettuce, Tomatoes, Cheese, Ranch, BBQ & Salsa</p>	<p>Bosco Sticks w/ Marinara Chef Salad 🥗 Veggie Salad 🥪 PBJ Uncrustable</p>
Tuesday	<p>Hog Dog w/ WG Bun Baked Beans, Cheesy Cauliflower, Oranges & Pineapple</p>	<p>Build Your Own Taco with Your Choice of Taco Meat Lettuce, Tomatoes, Cheese & Salsa</p>	<p>🥗 Nachos or Chicken Sandwich Chef Salad 🥗 Veggie Salad 🥪 PBJ Uncrustable</p>
Wednesday	<p>Tony's Pizza Sweet Potatoes, Spinach Salad, Banana, & Baked Apples</p>	<p>Build Your Own Wrap 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>Beef Tacos W/ WG Shell Romaine Lettuce, Tomatoes, Corn Salsa, Banana & Peaches</p>	<p>Build Your Own Wrap Your Choice of Meat, Lettuce, Tomatoes, Cheese, Ranch, BBQ</p>	<p>🥗 Nachos or Chicken Sandwich Chef Salad 🥗 Veggie Salad 🥪 PBJ Uncrustable</p>
Friday	<p>Loaded Fries 🥗 Vegetarian Options Fresh Veggies and Spinach Salad Mixed Fruit</p> <p style="text-align: center;"><i>All meal include milk</i></p>	<p style="text-align: center;">Weekly Expo Items Only Build Your Own Sub or Salad</p> <p style="text-align: center;"><i>All meal include milk</i> <i>All Expo Items can be built for</i> 🥗 <i>Vegetarian</i></p>	<p style="text-align: center;">Pizza Chef Salad 🥗 Veggie Salad 🥪 PBJ Uncrustable</p> <p style="text-align: center;"><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
Oriental Rice Bar
All meal include milk

Orange Chicken or Teriyaki Chicken
 WG Rice, Broccoli, Carrots & Spinach

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

This is an equal opportunity employers