

# High & Middle School Menu

January 14<sup>th</sup> – 18<sup>th</sup>

## Daily Breakfast Entrées Include:

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

### Monday

Pancakes  
w/ Fruit Topping  
Sausage Patty  
Apple Slices  
Fruit Juice

### Tuesday

French Toast Bake  
Cheese Stick  
Applesauce  
Banana  
Fruit Juice

### Wednesday

Chicken Biscuit  
Dried Fruit  
Apples  
Fruit Juice

### Thursday

Fresh Baked Muffins  
Cheese Stick  
Apple Slices  
Bananas  
Fruit Juice

### Friday

Breakfast Sandwiches  
Apples  
Oranges  
Fruit Juice

## DELPHI CLASICS

*Daily Entrées Include:  
All meal include milk*

### Monday

Orange Chicken w/ WG Rice  
Broccoli, Carrots, Applesauce &  
Pears

### Tuesday

Hog Dog w/ WG Bun  
Baked Beans, Cheesy Cauliflower,  
Oranges & Pineapple

### Wednesday

Mac & Dogs w/ WG Noodles  
Sweet Potatoes, Spinach Salda,  
Banana, & Pears

### Thursday

Beef Tacos W/ WG Shell  
Romaine Lettuce, Tomatoes, Corn  
Salsa, Banana & Peaches

### Friday

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



## GRAB 'N GO

*Daily Entrées Include:  
All meal include milk*

Chef Salad  
🌱 Veggie Salad  
🌱 Cheese Bosco Sticks  
🌱 PBJ Uncrustable  
🌱 Cheese Nachos

*Daily Grab 'n Go  
side item:*

Carrots  
Celery  
Humus  
Veggie Cups  
Super side  
Side Salads  
Apple Slices  
Applesauce  
Banana  
Whole Apple  
Orange

*\*Menu Subject to Change.  
Also look for our 🌱 Vegetarian*

## EXPO - High School Only

*Weekly Featured Items:  
All meal include milk*

**Daily Items:**  
*Nachos w/ Cups*

**Build Your Own Turkey or  
Ham Subs**

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

**Build Your Own Salad**  
*High School Only*

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

**Build Your Own Wrap**  
*High School Only*

*Monday, Wednesday and Thursday*  
*Our Choice of Toppings:*  
Your Choice of Meat, Lettuce,  
Tomatoes, Cheese, Ranch, BBQ &  
Salsa

*Build your own*  
**Tacos Tuesday**

*High School Only*  
*Your Choice of Toppings:*  
Lettuce, Tomatoes & Cheese

*All Expo Items can be built for 🌱  
Vegetarian*

## 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

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

*This is an equal opportunity employers*