

# High & Middle School Menu

January 21<sup>st</sup> – 25<sup>th</sup>

## Daily Breakfast Entrées Include:

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

### Monday

Waffles  
Sausage Patty  
Apple Slices  
Oranges  
Fruit Juice

### Tuesday

French Toast  
W/ Fruit Topping  
Cheese Stick  
Banana  
Fruit Juice

### Wednesday

Chicken Biscuit  
Dried Fruit  
Apples  
Fruit Juice

### Thursday

Cinnamon Knots  
Cheese Stick  
Apple Slices  
Bananas  
Fruit Juice

### Friday

Breakfast Sandwiches  
Apples  
Applesauce  
Fruit Juice

## DELPHI CLASICS

### *Daily Entrées Include:*

*All meal include milk*

#### Monday

Open Faced Burrito  
Hash Browns, Cherry Tomatoes,  
Apples & Mandarin Oranges

#### Tuesday

Chicken Quesadilla  
Onion & Pepper Mix, Salsa,  
Tex Mex Beans,  
Applesauce & Banana

#### Wednesday

Chicken Leg w/ Corn Bread  
Romaine Salad, Green Beans, Peaches  
& Apples

#### Thursday

Country Fried Steak w/ Roll  
Mashed Potatoes, Peas, Orange &  
Pears

#### Friday

Pizza  
🥗 Vegetarian Pizza Options  
Fresh Veggies and Spinach 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

### *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**

#### **Breakfast Bar**

*All meal include milk*

Pancakes w/ Fruit Toppings, Scrambled Eggs, Sausage  
Patty, & Hash browns

### **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*