

High & Middle School Menu

May 6th – 10th

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

Beef Nachos w/ WG Chips
Romaine Lettuce, Tomatoes, Black Beans, Salsa, Pears & Mandarin Oranges


Tuesday

Chicken Parmesan w/ WG Bun
Broccoli, Steamed Carrots,
Whole Oranges & Banana


Wednesday

Mini Corn Dogs
French Fries, Carrots, Pears & Apples

Thursday

 Mozza Bread
Marinara, California Blend, Peas,
Banana & Applesauce

Friday





 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

Mexican Bar

All meal include milk

Chicken, Beef, WG Chip, WG Shell, Cheddar Cheese,
Romaine Lettuce, Tomatoes, Salsa & Sour Cream

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