

High & Middle School Menu

October 7 - 11

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>Chicken Wings w/ WG Roll Sweet Potatoes w/ Bacon, Fresh Cucumber, Celery, Pineapple & Applesauce</p>	<p><i>Build Your Own Wrap</i> 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>Chicken Fajita w/ WG Shell Romaine Lettuce, Tomatoes, Mexican Corn Bread, Oranges, Apples</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>Salisbury Steak w/ WG Roll Mashed Potatoes, Fresh Carrots, Celery, Mixed Fruit & Bananas</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>Fish Sticks w/ WG Roll Roasted Butternut, Green Beans, Pears & Peaches</p>	<p><i>Build Your Own Wrap</i> Your Choice of Meat, Lettuce, Tomatoes, Cheese, Ranch, BBQ</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</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
Chicken Wing Bar
All meal include milk

Boneless Wings, Carrots & Celery
 BBQ Sauce or Parmesan Garlic

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

This is an equal opportunity employers