

# High & Middle School Menu

December 3<sup>rd</sup> – 7<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

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*