

# High & Middle School Menu

March 11<sup>th</sup> – 15<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

Chicken Alfredo w/ WG Pasta  
Steamed Broccoli, Carrots, Apples &  
Mandarin Oranges

#### Tuesday

Chicken Patty w/ WG Bun  
French Fries, Fresh Broccoli, Pears, &  
Pineapple

#### Wednesday

Texas Straw Hats w/ WG Chips  
Romaine Lettuce, Tomatoes, Black  
Beans, Banana & Applesauce

#### Thursday

Spaghetti & Meatballs w/ WG Pasta  
Roasted Sweet Potatoes, Peas, Peaches  
& Apples

#### 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

### *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**

#### **Noodle Bar**

*All meal include milk*

Chicken, WG Pasta, Marinara, Alfredo, Broccoli,  
Tomatoes, Spinaches, Olives & Parmesan Cheese

### 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*