

High & Middle School Menu

March 9 - 13

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>
Pancakes w/ Fruit Topping Sausage Patty Apple Slices Fruit Juice	French Toast Bake Cheese Stick Applesauce Banana Fruit Juice	Chicken Biscuit Dried Fruit Apples Fruit Juice	Fresh Baked Muffins Cheese Stick Apple Slices Bananas Fruit Juice	Breakfast Sandwiches Apples Oranges 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>Cheeseburger w/ WG Bun Romaine Lettuce, Tomatoes, Mixed Veggies, Roasted Sweet Potatoes Mandarin Oranges & Pears</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>Turkey Manhattan W/ WG Mashed Potatoes, Green Beans, Apples & Pineapples</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>Ravioli w/ WG Breadsticks Broccoli, Steamed Carrots, Applesauce & Peaches</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>Chicken Strips w/ WG Roll French Fries, Fresh Carrots, Banana & Pears</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>Loaded Fries 🥗 Vegetarian Options Fresh Veggies and Spinach Salad Mixed Fruit <i>All meal include milk</i></p>	<p>Weekly Expo Items Only Build Your Own Sub or Salad <i>All meal include milk</i> <i>All Expo Items can be built for</i> 🥗 <i>Vegetarian</i></p>	<p>Pizza Chef Salad 🥗 Veggie Salad 🥪 PBJ Uncrustable <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
All American Bar
All meal include milk
Burger w/ WG Bun, American Cheese, Onion, Lettuce, Tomatoes, Pickles

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

This institution is an equal opportunity provider