

High & Middle School Menu

November 12th – 16th

Daily Breakfast Entrées Include:

Fruit Parfaits, WG Cereal, WG Donuts, or Daily Pastry.

DELPHI CLASICS

Daily Entrées Include:

All meal include milk

Monday

Open Faced Burrito
Hash Browns, Cherry Tomatoes,
Apples & Mandarin Oranges

Tuesday

Chicken Quesadilla
Onion & Pepper Mix, Salsa,
Tex Mex Beans,
Applesauce & Banana

Wednesday

Chicken Leg w/ Corn Bread
Romaine Salad, Green Beans, Peaches
& Apples

Thursday

Country Fried Steak w/ Roll
Mashed Potatoes, Peas, Orange & Pears

Friday

Pizza
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
- 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

Our Choice of Toppings:

Diced Turkey, Ham, Eggs
Cucumbers, Broccoli, Carrots,
Tomatoes, and Cheese
Served with WG Roll

Build Your Own Wrap

Monday, Wednesday and Thursday

Our Choice of Toppings:

Your Choice of Meat, Lettuce,
Tomatoes, Cheese, Ranch, BBQ &
Salsa

Build your own

Tacos Tuesday

Your Choice of Toppings:

Lettuce, Tomatoes & Cheese

All Expo Items can be built for Vegetarian

Feature Station - High School Only

How to Build a Breakfast Meal

- 1 - Entrée Choice
- 2 - Fruit (1 can be Fruit Juice)
- 1 - 8oz Low-Fat or Fat Free
Milk

Breakfast Bar

All meal include milk

Pancakes w/ Fruit Toppings, Scrambled Eggs, Sausage
Patty, & Hash browns

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

