

# High & Middle School Menu

November 19<sup>th</sup> -20<sup>th</sup>

## Daily Breakfast Entrées Include:

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

### DELPHI CLASICS

**Daily Entrées Include:**  
*All meal include milk*

#### Monday

Roasted Turkey or Ham w/ WG Roll,  
Mashed Potatoes, Green Beans, Baked  
Apples & Fresh Fruit

#### Tuesday

Pizza  
Vegetarian Pizza Options  
Fresh Veggies and Romaine Salad  
Mixed Fruit

#### Wednesday

No School

#### Thursday

No School

#### Friday

No School



### 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  
Hummus  
Super side  
Side Salads  
Apple Slices  
Applesauce  
Banana  
Whole Apple  
Orange

### EXPO - High School Only

**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*

*\*Menu Subject to Change.  
Also look for our 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

**Have and Safe and Happy Thanksgiving.**

#### 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*



