

High & Middle School Menu

November 5th – 9th

Daily Breakfast Entrées Include:

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

DELPHI CLASICS

Daily Entrées Include:

All meal include milk

Monday

Orange Chicken w/ WG Rice
Broccoli, Carrots, Applesauce & Pears

Tuesday

Hog Dog w/ WG Bun
Baked Beans, Cheesy Cauliflower,
Oranges & Pineapple

Wednesday

Mac & Dogs w/ WG Noodles
Sweet Potatoes, Spinach Salda,
Banana, & Baked Apples

Thursday

Beef Tacos W/ WG Shell
Romaine Lettuce, Tomatoes, Corn
Salsa, Banana & Peaches

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

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

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

Feature Station - High School Only

Oriental Rice Bar

All meal include milk

Orange Chicken or Teriyaki Chicken
WG Rice, Broccoli, Carrots & Spinach

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

