

High & Middle School Menu

October 15th – 19th

Daily Breakfast Entrées Include:

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

DELPHI CLASICS

Daily Entrées Include:

All meal include milk

Monday

E-Learning Day

Tuesday

Chicken Fajita w/ WG Shell
Romaine Lettuce, Tomatoes, Mexican
Corn Bread, Oranges, Pineapples

Wednesday

Salisbury Steak w/ WG Roll
Mashed Potatoes, Fresh Carrots, Celery,
Peaches & Apples

Thursday

BBQ Ribs w/ WG Bun
Roasted Butternut, Green Beans, Baked
Apples & 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
Humus
Super side
Side Salads
Apple Slices
Applesauce
Banana
Whole Apple
Orange

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

**Menu Subject to Change.*

Also look for our Vegetarian

Feature Station - High School Only

Chicken Wing Bar

All meal include milk

Boneless Wings, Carrots & Celery
BBQ Sauce or Parmesan Garlic

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

