

High & Middle School Menu

October 29th – November 2nd

Daily Breakfast Entrées Include:

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

DELPHI CLASICS

Daily Entrées Include:

All meal include milk

Monday

Cheeseburger w/ WG Bun
Romaine Lettuce, Tomatoes, Mixed
Veggies, Roasted Sweet Potatoes
Mandarin Oranges & Baked Apples

Tuesday

Turkey Manhattan w/ WG Bread
Mashed Potatoes, Green Beans,
Apples & Pineapples

Wednesday

Ravioli w/ WG Breadsticks
Broccoli, Steamed Carrots, Applesauce
& Peaches

Thursday

Chicken Strips w/ WG Roll
French Fries, Fresh Carrots, Banana &
Pears

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

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

All American Bar

All meal include milk

Burger w/ WG Bun, American Cheese, Onion, Lettuce,
Tomatoes, Pickles

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

