

High & Middle School Menu

October 8th – 12th

Daily Breakfast Entrées Include:

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

DELPHI CLASICS

Daily Entrées Include:

All meal include milk

Monday

Beef Nachos w/ WG Chips
Romaine Lettuce, Tomatoes, Black Beans, Salsa, Pears & Mandarin Oranges

Tuesday

Chicken Parmesan w/ WG Bun
Broccoli, Steamed Carrots, Whole Oranges & Banana

Wednesday

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

Thursday

Mozza Bread
Marinara, California Blend, Peas, Banana & Applesauce

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

EXPO

Weekly Featured Items:

All meal include milk

Build your own
Tacos

Your Choice of Toppings:

Lettuce, Tomatoes, and American Cheese

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

All Expo Items can be built for Vegetarian

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

Feature Station - High School Only

Mexican Bar

All meal include milk

Chicken, Beef, WG Chip, WG Shell, Cheddar Cheese, Romaine Lettuce, Tomatoes, Salsa & Sour Cream

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

