

# High & Middle School Menu

October 14 - 18

***Daily Breakfast Entrées Include:***  
*Fruit Parfaits, WG Cereal, WG Donuts, or Daily Pastry.*

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Pancakes w/ Fruit Topping Sausage Patty Apple Slices Fruit Juice	French Toast Bake Cheese Stick Applesauce Banana Fruit Juice	Chicken Biscuit Dried Fruit Apples Fruit Juice	Fresh Baked Muffins Cheese Stick Apple Slices Bananas Fruit Juice	Breakfast Sandwiches Apples Oranges Fruit Juice

**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

**Delphi Classic**

**Daily High Only Expo Items**  
*Build Your Own Entree*

**Grab 'n Go**

<b>Monday</b>	<p><b>Cheeseburger w/ WG Bun</b>                      Romaine Lettuce, Tomatoes, Mixed Veggies, Roasted Sweet Potatoes                      Mandarin Oranges &amp; Pears</p>
<b>Tuesday</b>	<p><b>Turkey Manhattan W/ WG</b>                      Mashed Potatoes, Green Beans,                      Apples &amp; Pineapples</p>
<b>Wednesday</b>	<p><b>Ravioli w/ WG Breadsticks</b>                      Broccoli, Steamed Carrots,                      Applesauce &amp; Peaches</p>
<b>Thursday</b>	<p><b>Chicken Strips w/ WG Roll</b>                      French Fries, Fresh Carrots, Banana                      &amp; Pears</p>
<b>Friday</b>	<p><b>Loaded Fries</b>                      🥬 Vegetarian Options                      Fresh Veggies and Spinach Salad                      Mixed Fruit</p> <p style="text-align: center;"><i>All meal include milk</i></p>

<p style="text-align: center;"><i>Build Your Own Wrap</i>                      Your Choice of Meat, Lettuce,                      Tomatoes, Cheese, Ranch, BBQ &amp;                      Salsa</p>
<p style="text-align: center;"><i>Build Your Own Taco with Your</i>                      Choice of Taco Meat                      Lettuce, Tomatoes, Cheese &amp; Salsa</p>
<p style="text-align: center;"><i>Build Your Own Wrap</i>                      With Your Choice of Meat, Lettuce,                      Tomatoes, Cheese, Ranch, BBQ</p>
<p style="text-align: center;"><i>Build Your Own Wrap</i>                      Your Choice of Meat, Lettuce,                      Tomatoes, Cheese, Ranch, BBQ</p>
<p style="text-align: center;">Weekly Expo Items Only  <b>Build Your Own Sub or Salad</b></p> <p style="text-align: center;"><i>All meal include milk</i>  <i>All Expo Items can be built for</i> 🥬                      Vegetarian</p>

<p style="text-align: center;">Bosco Sticks w/ Marinara                      Chef Salad                      🥬 Veggie Salad                      🥬 PBJ Uncrustable</p>
<p style="text-align: center;">🥬 Nachos or Chicken Sandwich                      Chef Salad                      🥬 Veggie Salad                      🥬 PBJ Uncrustable</p>
<p style="text-align: center;">🥬 Bosco Sticks w/ Marinara                      Chef Salad                      🥬 Veggie Salad                      🥬 PBJ Uncrustable</p>
<p style="text-align: center;">🥬 Nachos or Chicken Sandwich                      Chef Salad                      🥬 Veggie Salad                      🥬 PBJ Uncrustable</p>
<p style="text-align: center;">Pizza                      Chef Salad                      🥬 Veggie Salad                      🥬 PBJ Uncrustable</p> <p style="text-align: center;"><i>All meal include milk</i></p>

**Daily Grab 'n Go side item:** Celery, Humus, Super side, Side Salads, Apple Slices, Applesauce and/or Banana

**Weekly Expo Items**

*All meal include milk*

**Build Your Own Turkey or Ham Subs with**  
 Lettuce, Pickles, Tomatoes, Pepper Jack or American Cheese

**Build Your Own Salad with**  
 Diced Turkey, Diced Ham, Eggs, Cucumbers, Broccoli, Carrots,  
 Tomatoes, & Cheese. Served with WG Roll

**Feature Station - High School Only**

**Tuesday, Wednesday & Thursday**  
**All American Bar**  
*All meal include milk*

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

\*Menu Subject to Change. Also look for our 🥬 Vegetarian Options

This is an equal opportunity employers