

# High & Middle School Menu

Week 1

***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>
Waffles Sausage Patty Apple Slices Oranges Fruit Juice	French Toast W/ Fruit Topping Cheese Stick Banana Fruit Juice	Chicken Biscuit Dried Fruit Apples Fruit Juice	Cinnamon Knots Cheese Stick Apple Slices Bananas Fruit Juice	Breakfast Sandwiches Apples Applesauce 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>Pancakes w/ Scrambled eggs</b> Hash Browns, Cherry Tomatoes, Baked Apples &amp; Mandarin Oranges</p>	<p><i>Build Your Own Wrap</i> Your Choice of Meat, Lettuce, Tomatoes, Cheese, Ranch &amp; Salsa</p>	<p>Bosco Sticks w/ Marinara Chef Salad 🥬Veggie Salad 🥪PBJ Uncrustable</p>
<b>Tuesday</b>	<p><b>Chicken Quesadilla</b> Onion &amp; Pepper Mix, Salsa, Tex Mex Beans, Applesauce &amp; Peaches</p>	<p><i>Build Your Own Taco with Your Choice of Taco Meat</i> Lettuce, Tomatoes, Cheese &amp; Salsa</p>	<p>🥬Nachos or Chicken Sandwich Chef Salad 🥬Veggie Salad 🥪PBJ Uncrustable</p>
<b>Wednesday</b>	<p><b>Chicken Leg w/ Corn Bread</b> Romaine Salad, Green Beans, Banana &amp; Pineapple</p>	<p><i>Build Your Own Wrap</i> With Your Choice of Meat, Lettuce, Tomatoes, Cheese, Ranch, BBQ</p>	<p>🥬Bosco Sticks w/ Marinara Chef Salad 🥬Veggie Salad 🥪PBJ Uncrustable</p>
<b>Thursday</b>	<p><b>Country Fried Steak w/ Roll</b> Mashed Potatoes, Broccoli, Whole Orange &amp; Pears</p>	<p><i>Build Your Own Wrap</i> Your Choice of Meat, Lettuce, Tomatoes, Cheese, Ranch &amp; Salsa</p>	<p>🥬Nachos or Chicken Sandwich Chef Salad 🥬Veggie Salad 🥪PBJ Uncrustable</p>
<b>Friday</b>	<p><b>Pizza</b> 🥬Vegetarian Pizza Options Fresh Veggies and Romaine Salad Mixed Fruit  <i>All meal include milk</i></p>	<p>Weekly Expo Items Only  <b>Build Your Own Sub or Salad</b>   <i>All meal include milk</i>  <i>All Expo Items can be built for</i> 🥬  <i>Vegetarian</i></p>	<p>Pizza Chef Salad 🥬Veggie Salad 🥪PBJ Uncrustable  <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**  
**Breakfast Bar**  
*All meal include milk*

Pancakes w/ Fruit Toppings, Scrambled Eggs, Sausage  
Patty, & Hash browns

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

*This is an equal opportunity employers*