

High & Middle School Menu

Aug 31-Sep 4

Daily Breakfast Entrées Include:

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

Monday

Waffles
Sausage Patty
Apple Slices
Oranges
Fruit Juice

Tuesday

French Toast
W/ Fruit Topping
Cheese Stick
Banana
Fruit Juice

Wednesday

Chicken Biscuit
Dried Fruit
Apples
Fruit Juice

Thursday

Cinnamon Knots
Cheese Stick
Apple Slices
Bananas
Fruit Juice

Friday

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

Monday

Chicken Wings w/ WG Roll
Sweet Potatoes w/ Bacon, Fresh
Cucumber, Celery, Pineapple &
Applesauce

Build Your Own Wrap
Your Choice of Meat, Lettuce,
Tomatoes, Cheese, Ranch, BBQ &
Salsa

Bosco Sticks w/ Marinara
Chef Salad
🥗 Veggie Salad
🥪 PBJ Uncrustable

Tuesday

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

Build Your Own Taco with Your
Choice of Taco Meat
Lettuce, Tomatoes, Cheese & Salsa

🥗 Nachos or Chicken Sandwich
Chef Salad
🥗 Veggie Salad
🥪 PBJ Uncrustable

Wednesday

Salisbury Steak w/ WG Roll
Mashed Potatoes, Fresh Carrots,
Celery, Mixed Fruit & Bananas

Build Your Own Wrap
With Your Choice of Meat, Lettuce,
Tomatoes, Cheese, Ranch, BBQ

🥗 Bosco Sticks w/ Marinara
Chef Salad
🥗 Veggie Salad
🥪 PBJ Uncrustable

Thursday

BBQ Ribs or Meatloaf w/ WG
Bun
Roasted Butternut, Green Beans,
Pears & Peaches

Build Your Own Wrap
Your Choice of Meat, Lettuce,
Tomatoes, Cheese, Ranch, BBQ

🥗 Nachos or Chicken Sandwich
Chef Salad
🥗 Veggie Salad
🥪 PBJ Uncrustable

Friday

Pizza
🥗 Vegetarian Pizza Options
Fresh Veggies and Romaine Salad
Mixed Fruit

Weekly Expo Items Only
Build Your Own Sub or Salad

Pizza
Chef Salad
🥗 Veggie Salad
🥪 PBJ Uncrustable

All meal include milk

All meal include milk
All Expo Items can be built for
Vegetarian

All meal include milk

Weekly Expo Items

All meal include milk
Build Your Own Turkey or Ham Subs with
Lettuce, Pickles, Tomatoes, Pepper Jack or American Cheese

Welcome Back

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

This institution is an equal opportunity provider