

# High & Middle School Menu

Dec 5 - 9

***Daily Breakfast Entrées Include:***

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

**Monday**

Waffles  
Sausage Patty  
Apple Slices  
Pears

**Tuesday**

French Toast  
W/ Fruit Topping  
Cheese Stick  
Mandarin Oranges  
Fruit Juice

**Wednesday**

Chicken Biscuit  
Dried Fruit  
Applesauce  
Strawberries

**Thursday**

Cinnamon Knots  
Cheese Stick  
Peaches  
Fruit Juice

**Friday**

Breakfast Sandwiches  
Raisins  
Mixed Fruit

**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, Fresh Cucumber,  
Celery,  
Mandarin Oranges & Apple Slices  
**Bosco Sticks, Sa;lads**

**Chicken Wings w/ WG Roll**  
Sweet Potatoes, Fresh Cucumber,  
Celery,  
Mandarin Oranges & Apple Slices

**Bosco Sticks w/ Marinara**  
Chef Salad  
🥗 Veggie Salad

**Tuesday**

**Chicken Fajita w/ WG Shell**  
Romaine Lettuce, Tomatoes,  
Mexican Corn Bread,  
Pears, & Pineapple  
**Ham Sub Sandwiches, Salads**

**Chicken Fajita w/ WG Shell**  
Romaine Lettuce, Tomatoes, Mexican  
Corn Bread,  
Pears, & Pineapple

**Ham Sub Sandwich**  
Chef Salad  
🥗 Veggie Salad

**Wednesday**

**Salisbury Steak w/ WG Roll**  
Mashed Potatoes, Fresh Carrots,  
Celery, Strawberries, & Applesauce  
**Uncrustables, Salads**

**Salisbury Steak w/ WG Roll**  
Mashed Potatoes, Fresh Carrots,  
Celery, Strawberries, & Applesauce

**PBJ Uncrustables**  
Chef Salad  
🥗 Veggie Salad

**Thursday**

**Country Fried Steak w/ WG Bun**  
Roasted Butternut, Green Beans,  
Pears & Raisins  
**Nacho w/Cheese, Salads**

**Country Fried Steak w/ WG Bun**  
Roasted Butternut, Green Beans, Pears  
& Raisins

🥗 Nachos w/Cheese  
Chef Salad  
🥗 Veggie Salad

**Friday**

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

Pizza

Pizza  
Chef Salad  
🥗 Veggie Salad

*All meal include milk*  
*All Expo Items can be built for* 🥗

*All meal include milk*

*All meal include milk*  
**Bosco Sticks**  
**Ham Subs**  
**PBJ Uncrustables**  
**Nachos w/Cheese**

**Christmas Break**  
**December 22- January 3**

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

*This institution is an equal opportunity provider*