

# High & Middle School Menu

Nov 28 – Dec 2

***Daily Breakfast Entrées Include:***  
*Fruit Parfaits, WG Cereal, 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 Pears	French Toast Bake Cheese Stick Mandarin Oranges Fruit Juice	Chicken Biscuit Dried Fruit Applesauce Strawberries	Fresh Baked Muffins Cheese Stick Peaches Fruit Juice	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**

<b>Monday</b>	<b>Chicken Alfredo w/ WG Pasta</b> Steamed Broccoli, Carrots, Apples Slices & Mandarin Oranges <b>Bosco Sticks &amp; Salads</b>	<b>Chicken Alfredo w/ WG Pasta</b> Steamed Broccoli, Carrots, Apples Slices & Mandarin Oranges	Bosco Sticks w/ Marinara Chef Salad Veggie Salad
<b>Tuesday</b>	<b>Chicken Patty w/ WG Bun</b> French Fries, Fresh Broccoli, Pears, & Pineapple <b>Spicy Chicken &amp; Salads</b>	<b>Chicken Patty w/ WG Bun</b> French Fries, Fresh Broccoli, Pears, & Pineapple	Spicy Chicken Sandwich Chef Salad Veggie Salads
<b>Wednesday</b>	<b>Texas Straw Hats w/ WG Chips</b> Romaine Lettuce, Tomatoes, Black Beans, Strawberries & Applesauce <b>Uncrustables, Salads</b>	<b>Texas Straw Hats w/ WG Chips</b> Romaine Lettuce, Tomatoes, Black Beans, Strawberries & Applesauce	Uncrustables Chef Salad Veggie Salad
<b>Thursday</b>	<b>Spaghetti &amp; Meatballs</b> w/ WG Pasta Roasted Sweet Potatoes, Peas, Peaches & Raisins <b>Nachos w/Cheese, Salads</b>	<b>Spaghetti &amp; Meatballs</b> w/ WG Pasta Roasted Sweet Potatoes, Peas, Peaches & Raisins	Nachos w/Cheese Chef Salad Veggie Salad
<b>Friday</b>	<b>Loaded Fries</b> Vegetarian Options Fresh Veggies and Spinach Salad Mixed Fruit	Pizza  <i>All meal include milk</i> <i>All Expo Items can be built for</i> <i>Vegetarian</i>	Pizza Chef Salad Veggie Salad  <i>All meal include milk</i>

All Meals Include Milk

*All meal include milk*  
**Bosco Sticks**  
**Spicy Chicken**  
**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