

High & Middle School Menu

Jan 23 - 27

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	French Toast Bake Cheese Stick Applesauce Banana Fruit Juice	Chicken Biscuit Dried Fruit Pears	Fresh Baked Muffins Cheese Stick Apple Slices Fruit Juice	Breakfast Sandwiches Dried Fruit 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

Grab 'n Go

Monday	Chicken Alfredo w/ WG Pasta Steamed Broccoli, Carrots, Fruit Cup & Mandarin Oranges	Tuesday	Turkey Subs Chef Salad Veggie Salad
Tuesday	Chicken Patty w/ WG Bun French Fries, Fresh Broccoli, Pears, & Pineapple	Wednesday	Nachos w/ Meat and Cheese Chef Salad Veggie Salad
Wednesday	Texas Straw Hats w/ WG Chips Romaine Lettuce, Tomatoes, Black Beans, Strawberries & Apple Crisp	Thursday	Bosco Sticks w/ Marinara Chef Salad Veggie Salad
Thursday	Spaghetti & Meatballs w/ WG Pasta Roasted Sweet Potatoes, Peas, & Apple Slices	Friday	Hot Ham and Cheese Sub Chef Salad Veggie Salad
Friday	Pizza Vegetarian Options Fresh Veggies and Spinach Salad Mixed Fruit	Pizza Chef Salad Veggie Salad	
<i>All meal include milk</i>		<i>All meal include milk</i>	

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

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

This institution is an equal opportunity provider