

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

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*