

# DELPHOS CITY SCHOOLS 2022-2023 Menu



**LUNCH PRICES**  
(includes milk)

Elementary	\$2.75
Middle	\$3.00
Senior	\$3.00
Adult	\$3.50
Reduced	\$.40
Extra Milk	\$.25

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	OFFERED DAILY: Kellogg Brand WG PopTarts, Muffins, Cereal, Donuts, Granola Bars, Bagels, PB&J Graham Bars				
	2 pkg Pop Tarts 100% Juice/Fruit Milk	Mini Pancakes 100% Juice/Fruit Milk	Mini Donuts 100% Juice/Fruit Milk	CiniMinis 100% Juice/Fruit Milk	WG Muffin 100% Juice/Fruit Milk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MENU #1</b>	LUNCH – OFFERED DAILY: Fresh Vegetables, Fresh Fruit, PBJ Sandwich, Baked Potato, a Deli Sandwich.				
	Breaded Chicken Patty WG Bun Green Beans Applesauce Cup Milk	Cheese Breadstick Marinara Sauce Carrots Strawberry Cup Milk	Hamburger WG Bun Cheese Slice French Fries Juice Box Milk	Corn Dog Baked Beans Peach Cup Milk	Pizza Romaine Salad w/Veggies 100% Fruit Sidekick Cup Milk

<b>MENU #2</b>	Chicken Strips WG Dinner Roll Green Beans Applesauce Cup Milk	Tacos Assorted Toppings Refried Beans Corn Strawberry Cup Milk	Salisbury Steak WG Dinner Roll Mashed Potatoes w/Gravy Juice Box Milk	Popcorn Chicken Rice Broccoli & Carrots Peach Cup Milk	Cheese Breadstick Romaine Salad w/Veggies Marinara Sauce 100% Fruit Sidekick Cup Milk
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<b>MENU #3</b>	Chicken Nuggets WG Breadstick Green Beans Applesauce Cup Milk	Pizza Ripper Marinara Sauce Carrots Strawberry Cup Milk	Hamburger WG Bun Cheese Slice French Fries Juice Box Milk	Hot Dog/WG Bun or Sloppy Joe/WG Bun Baked Beans Fritos Peach Cup Milk	Quesadilla Romaine Salad w/Veggies Salsa/Sour Cream 100% Fruit Sidekick Cup Milk
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<b>MENU #4</b>	Nachos Assorted Toppings Refried Beans Applesauce Cup Milk	WG Pasta w/Meat Sauce Garlic Bread Carrots Strawberry Cup Milk	Chicken Parmesan WG Bun French Fries Carrots Applesauce Cup Milk	Sloppy Joes WG Bun Green Beans Peach Cup Milk	Soft Pretzel Cheese Sauce Romaine Salad Carrots Applesauce Cup Milk
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This Institution is an equal opportunity provider and employer. MILK: 1% White FF Chocolate FF Strawberry WHOLE FRUIT: Banana Apple Orange

**Delphos City Schools**  
www.delphoscitieschools.org

- Delphos City Schools Food Service is committed to providing a healthy & nutritious meal for all students daily.
- The Delphos City Schools participates in the National School Lunch program. The meal consists of 5 components: a protein, a grain (bread), a fruit, a vegetable & a fat-free or low fat milk. Students **MUST** select at least 3 of the 5 components, one of which must be either a fruit or vegetable. Our Ala Carte offerings follow the guidelines of The Alliance for a Healthier Generation.

WG = Whole Grain

[www.lunchprepay.com](http://www.lunchprepay.com)

- Parents are encouraged to pre-pay for lunches in advance by either the week or month. Students may only charge twice before they are served an alternate lunch which costs \$1.00.
- No breakfast is served on delay days.

- Delphos City Schools cannot guarantee the absence of trace amounts of potential allergens not listed on the food labels for sensitive individuals.
- Menus are subject to change due to availability of foods or unplanned school closings. A lent menu will be served during lent.

Follow the menu with its calendar day. Each week is represented by a color and represents a 4-week cycle menu.

