

# DELPHOS CITY SCHOOLS MIDDLE & HIGH SCHOOLS | 2023-2024 Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>LUNCH</b> – As an alternative entree a PB&J or Deli Sandwich is offered daily.					
<b>MENU #1</b>	Gen TSO'S Chicken/Rice Dinner Roll Peas/Veggie Mandarin Oranges Fresh Fruit Milk/100% Juice	Hotdogs/WG Bun Baked Beans/Veggie Fritos Peach Cup/Fresh Fruit Milk/100% Juice	Turkey Hot Shot Mashed Potatoes/Gravy Green Beans/Veggie Applesauce/Fresh Fruit Milk/100% Juice	Nachos/Salsa Refried Beans/Veggie Pears/Fresh Fruit Cookie Milk/100% Juice	Pizza Ripper Marinara Salad/Veggie Pineapple/Fresh Fruit Pudding Milk/100% Juice
<b>MENU #2</b>	Chicken Tenders French Fries/Veggie Fruit Sidekick Fresh Fruit Fruit Roll Ups Milk/100% Juice	BBQ Rib/WG Bun Seasoned Potatoes Veggie Strawberry Cup/Fresh Fruit Ice Cream Milk/100% Juice	Rotini Garlic Bread Salad/Veggie Mandarin Oranges Fresh Fruit Milk/100% Juice	Buffalo Chicken Pizza Peas/Veggie Peach Cup/Fresh Fruit Funnel Fries Milk/100% Juice	Subs Corn/Veggie Applesauce/Fresh Fruit Fruity Crispy Bar Milk/100% Juice
<b>MENU #3</b>	Calzones Salad/Veggie Pears Fresh Fruit Sherbet Milk/100% Juice	<b>COOK'S CHOICE</b> 	Salisbury Steak Mashed Potatoes/Gravy Veggie Pineapple/Fresh Fruit Cinnamon Roll Milk/100% Juice	Walking Tacos Refried Beans/Veggie Fruit Sidekick Fresh Fruit Brownie Milk/100% Juice	Cheese Breadstick Marinara Green Beans/Veggie Strawberry Cup Fresh Fruit Milk/100% Juice
<b>MENU #4</b>	Chicken Patty/WG Bun Tater Tots/Veggie Mandarin Oranges Fresh Fruit PB Crispy Bar Milk/100% Juice	Ravioli Salad/Veggie Peach Cup/Fresh Fruit Cookie Milk/100% Juice	Cheeseburger/WG Bun French Fries/Veggie Applesauce/Fresh Fruit Chocolate Cake Milk/100% Juice	Corn Dogs Baked Beans/Veggie Pears/Fresh Fruit Ice Cream Milk/100% Juice	Pizza Corn/Veggie Pineapple Fresh Fruit Crispy Bar Milk/100% Juice
<b>MENU #5</b>	Chicken Nuggets Green Beans/Veggie Fruit Sidekick Fresh Fruit Cookie Milk/100% Juice	Mozzarella Sticks/Marinara Peas/Veggie Strawberry Cup Fresh Fruit Ice Cream Milk/100% Juice	Spaghetti/Garlic Bread Salad/Veggie Mandarin Oranges Fresh Fruit Fruit Snacks Milk/100% Juice	Buffalo Chicken Dip/ Chips Broccoli/Veggie Peach Cup/Fresh Fruit Graham Crackers Milk/100% Juice	<b>COOK'S CHOICE</b> 

### LUNCH PRICES

(includes milk)

PreSchool	\$1.40
Elementary	\$2.75
Middle	\$3.00
High	\$3.00
Adult	\$3.50
Reduced	\$.40
Extra Milk	\$.25

Milk: 1% White or Fat Free Chocolate

**BREAKFAST**  
OFFERED DAILY:  
*No breakfast on delay days*

- Choice of:
- WG Pop Tarts
  - WG CiniMini
  - WG Donut
  - WG Muffin
  - WG Krispy Treat
- Fresh Fruit  
100% Juice  
Milk

WG = Whole Grain

### Delphos City Schools

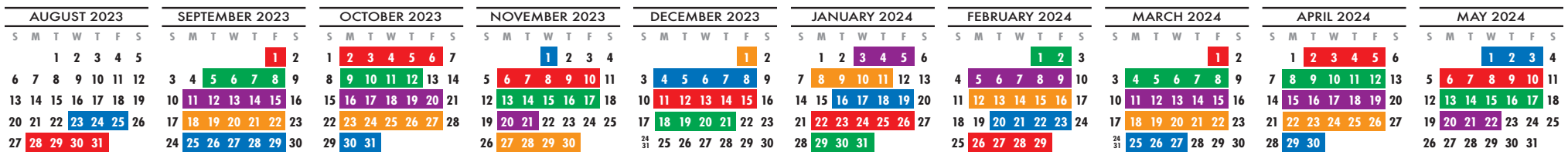
[www.delphoscitieschools.org](http://www.delphoscitieschools.org)

- Delphos City Schools Food Service Program is committed to serving healthy nutritious meals daily.
- Delphos City Schools Food Service Program participates in the National School Lunch Program. The meal consists of 5 components: a protein, a grain, a fruit, a vegetable and milk. Students MUST select 3 of the 5 components, one of which must be either a fruit or vegetable.
- Delphos City Schools Food Service Program cannot guarantee the absence of trace amounts of potential allergens not listed on the food labels for sensitive individuals.

- Parents are encouraged to pre-pay for lunches on the LINQ Connect portal [LINQconnect.com](http://LINQconnect.com) (free and reduced meal applications are also available on the portal).
- Parents will be notified of any negative lunch balances and may result in your child being served an alternate meal.

• Menus are subject to change due to availability of foods or unplanned school closings. An alternate menu will be offered during lent.

**Follow the menu with its calendar day. Each week is represented by a color and represents a 5-week cycle menu.**



This Institution is an equal opportunity provider and employer.