

# DELPHOS CITY SCHOOLS 2021-2022 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

BREAKFAST

OFFERED DAILY: Kellogg Brand WG PopTarts, Muffins, Cereal, Donuts, Granola Bars, Bagels, PB&J Graham Bars

2 pkg Pop Tarts 76g  
100% Juice 14g Fruit 19-22g  
Milk

Mini Pancakes 35g  
100% Juice 14g Fruit 19-22g  
Milk

Mini Donuts 41g  
100% Juice 14g Fruit 19-22g  
Milk

CiniMinis 39g  
100% Juice 14g Fruit 19-22g  
Milk

WG Muffin 59g  
100% Juice 14g Fruit 19-22g  
Milk

LUNCH - OFFERED DAILY: Fresh Vegetables, Fresh Fruit, PBJ Sandwich, Baked Potato, a Deli Sandwich.

MENU #1

Breaded Chicken Patty 15g  
WG Bun 26g  
Green Beans 4g  
Applesauce Cup 21g  
Milk

Cheese Breadstick 36g  
Marinara Sauce 8g  
Carrots 12g  
Strawberry Cup 22g  
Milk

Hamburger 0g  
WG Bun 26g Cheese Slice 2g  
French Fries 17g  
Juice Box 14g  
Milk

Chicken & Noodles 17g  
Dinner Roll 14g  
Mashed Potatoes 21g  
Peach Cup 22g  
Milk



Pizza 36g  
Romaine Salad w/Veggies 3g  
100% Fruit Sidekick Cup 22g  
Milk

MENU #2

Chicken Strips 19g  
WG Dinner Roll 14g  
Green Beans 4g  
Applesauce Cup 21g  
Milk



Tacos 26g  
Assorted Toppings  
Refried Beans 19g  
Baked Potato 26g  
Strawberry Cup 22g  
Milk

Salisbury Steak 3g  
WG Dinner Roll 14g  
Mashed Potatoes 21g  
w/Gravy 5g  
Juice Box 14g  
Milk

Popcorn Chicken 13g  
Rice 37g  
Broccoli 5g & Carrots 12g  
Peach Cup 22g  
Milk

Cheese Breadstick 36g  
Romaine Salad w/Veggies 3g  
Marinara Sauce 8g  
100% Fruit Sidekick Cup 22g  
Milk

MENU #3

Chicken Nuggets 16g  
WG Breadstick 14g  
Green Beans 4g  
Applesauce Cup 21g  
Milk

Pizza Ripper 27g  
Marinara Sauce 8g  
Carrots 12g  
Strawberry Cup 22g  
Milk



Hamburger 0g  
WG Bun 26g  
Cheese Slice 2g  
French Fries 17g  
Juice Box 14g  
Milk

Hot Dog/WG Bun 26g or  
Sloppy Joe/WG Bun 26g  
Baked Beans 20g  
Fritos 19-22g  
Peach Cup 22g  
Milk

Quesadilla 37g  
Romaine Salad w/Veggies 3g  
Salsa/Sour Cream  
100% Fruit Sidekick Cup 22g  
Milk

MENU #4

Shredded Chicken 26g or  
BBQ Rib on WG Bun 26g  
Baked Beans 20g  
Applesauce Cup 21g  
Milk

WG Pasta  
w/Meat Sauce 24g  
Garlic Bread 19g  
Carrots 12g  
Strawberry Cup 22g  
Milk

French Toast Sticks 57g  
Sausage 0g  
Hash Brown 29g  
Veggie Juice Box 14g  
Fresh Fruit  
Milk

Macaroni & Cheese 26g  
Dinner Roll 14g  
Green Beans 4g  
Peach Cup 22g  
Milk



Soft Pretzel 30g  
Cheese Sauce 5g  
Romaine Salad 3g  
Carrots 12g  
Applesauce Cup 21g  
Milk

This Institution is an equal opportunity provider and employer.

MILK: 1% White 13g FF Chocolate 20g FF Strawberry 19g WHOLE FRUIT: Banana 27g Apple 19g Orange 21g

## Delphos City Schools

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

AUGUST 2021	SEPTEMBER 2021	OCTOBER 2021	NOVEMBER 2021	DECEMBER 2021	JANUARY 2022	FEBRUARY 2022	MARCH 2022	APRIL 2022	MAY 2022
S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S	S M T W T F S
1 2 3 4 5 6 7	1 2 3 4	1 2	1 2 3 4 5 6	1 2 3 4	2 3 4 5 6 7	1 2 3 4 5	1 2 3 4 5	1 2	1 2 3 4 5 6 7
8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11	9 10 11 12 13 14 15	6 7 8 9 10 11 12	6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14
15 16 17 18 19 20 21	12 13 14 15 16 17 18	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18	16 17 18 19 20 21 22	13 14 15 16 17 18 19	13 14 15 16 17 18 19	10 11 12 13 14 15 16	15 16 17 18 19 20 21
22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25	23 24 25 26 27 28 29	20 21 22 23 24 25 26	20 21 22 23 24 25 26	17 18 19 20 21 22 23	22 23 24 25 26 27 28
29 30 31	26 27 28 29 30	24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31	30 31	27 28	27 28 29 30 31	24 25 26 27 28 29 30	29 30 31