

# DELPHOS CITY SCHOOLS 2020-2021 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>OFFERED DAILY:</b>	Kellogg Brand WG PopTarts, Muffins, Cereal, Donuts, Granola Bars, Bagels, PB&J Graham Bars				
<b>BREAKFAST</b>	2 pkg Pop Tarts 76g String Cheese 1g 100% Juice 14g Fruit 19-22g Milk	Mini Pancakes 35g String Cheese 1g 100% Juice 14g Fruit 19-22g Milk	Mini Donuts 41g String Cheese 1g 100% Juice 14g Fruit 19-22g Milk	CiniMinis 39g String Cheese 1g 100% Juice 14g Fruit 19-22g Milk	WG Muffin 59g String Cheese 1g 100% Juice 14g Fruit 19-22g Milk

**LUNCH – OFFERED DAILY:** Fresh Vegetables, Fresh Fruit, Deli Sandwich, PBJ Sandwich, Baked Potato and at Franklin Elementary only, a “Grab ‘n Go” lunch.

MENU #1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breaded Chicken Patty 15g or Shredded BBQ Pork 13g 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 Veggie Juice Box 14g Milk	Mini Corn Dogs/ Corn Dogs 28g or BBQ Rib 4g WG Bun 26g Baked Beans 20g Fritos 12g Peach Cup 22g Milk	Pizza 36g Romaine Salad 3g Carrots 12g 100% Fruit Sidekick Cup 22g Milk

MENU #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Strips 19g WG Dinner Roll 14g Green Beans 4g Applesauce Cup 21g Milk	Tacos (Soft Taco/Meat) 26g Assorted Toppings Refried Beans 19g Carrots 12g Strawberry Cup 22g Milk	Salisbury Steak 3g WG Dinner Roll 14g Mashed Potatoes 21g w/Gravy 5g Veggie Juice Box 14g Milk	Chinese Chicken 18g Rice 37g Broccoli 5g & Carrots 12g Peach Cup 22g Milk	Pizza 36g Romaine Salad 3g Carrots 12g 100% Fruit Sidekick Cup 22g Milk

MENU #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Popcorn Chicken 14g WG Dinner Roll 14g Green Beans 4g Applesauce Cup 21g Milk	Pizza Ripper 27g Marinara Sauce 8g Peas & Carrots 15g Strawberry Cup 22g Milk	Hamburger 0g WG Bun 26g Cheese Slice 2g French Fries 17g Veggie Juice Box 14g Milk	Hot Dog/WG Bun 19g Sloppy Joe/WG Bun 26g Baked Beans 20g Fritos 12g Peach Cup 22g Milk	Pizza 36g Romaine Salad 3g Carrots 12g 100% Fruit Sidekick Cup 22g Milk

MENU #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Chicken Nuggets 16g WG Dinner Roll 14g or Shredded Chicken/WG Bun 26g Green Beans 4g 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 Milk	Deli Ham 0g & Cheese 2g WG Bun 26g or Calzone 33g Baked Beans 20g Fritos 12g Peach Cup 22g Milk	Pizza 36g Romaine Salad 3g Carrots 12g 100% Fruit Sidekick Cup 22g 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

- 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**

- 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 2020	SEPTEMBER 2020	OCTOBER 2020	NOVEMBER 2020	DECEMBER 2020	JANUARY 2021	FEBRUARY 2021	MARCH 2021	APRIL 2021	MAY 2021
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
2 3 4 5 6 7 1	6 7 8 9 10 11 12	4 5 6 7 8 9 10	1 2 3 4 5 6 7	6 7 8 9 10 11 12	3 4 5 6 7 8 9	7 8 9 10 11 12 13	7 8 9 10 11 12 13	4 5 6 7 8 9 10	9 10 11 12 13 14 15
16 17 18 19 20 21 22	13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19	10 11 12 13 14 15 16	14 15 16 17 18 19 20	14 15 16 17 18 19 20	11 12 13 14 15 16 17	16 17 18 19 20 21 22
23 24 25 26 27 28 29	20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23	21 22 23 24 25 26 27	21 22 23 24 25 26 27	18 19 20 21 22 23 24	23 24 25 26 27 28 29
30 31	27 28 29 30	25 26 27 28 29 30 31	29 30	27 28 29 30 31	28 29 30 31	28	28 29 30 31	25 26 27 28 29 30	30 31