

# DELPHOS CITY SCHOOLS 2019-2020 Menu



## LUNCH PRICES (includes milk)

Elementary	\$2.50
Middle	\$2.75
Senior	\$2.75
Adult	\$3.00
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 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 WG Bun 26g Green Beans 4g Fruit 19-22g Milk	Ham & Cheese Sliders 15g Sloppy Joe WG Bun 10g Baked Beans 20g Fruit 19-22g Milk	Hamburger Patty 0g WG Bun 26g Cheese Slice 2g French Fries 17g Juice Cup 14g Fruit 19-22g Milk	Cheese Breadstick 36g Marinara Sauce 8g Carrots 12g 100% Fruit Sherbet Cup 23g Milk	Pizza 36g Romaine Salad 3g Applesauce Cup 21g Milk

MENU #2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Shredded Chicken 26g or Shredded BBQ Pork 13g WG Bun 26g Green Beans 4g Fruit 19-22g Milk	High School: Foot Long 3g Hot Dog 1g or Corn Dog 28g Baked Beans 20g Fritos 19-22g Fruit 19-22g Milk	Salisbury Steak 3g WG Dinner Roll 14g Mashed Potatoes 21g w/Gravy 5g Fresh Fruit, Juice Cup 14g Milk	General Tso 13g OR Orange Chicken 9g Rice 37g Broccoli 5g & Carrots 12g 100% Fruit Sherbet Cup 23g Milk	Pizza 36g Romaine Salad 3g Applesauce Cup 21g Milk

MENU #3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST FOR LUNCH</b>	Breakfast Pizza 25g OR Pancake on a Stick 17g Veggie Juice 14g Hashbrown 29g Fruit Milk	Tacos 26g Assorted Toppings Refried Beans 19g Fruit 19-22g Milk	Hamburger Patty 0g WG Bun 26g Cheese Slice 2g French Fries 17g Juice Cup 14g Fresh Fruit Milk	Chicken Strips 19g WG Dinner Roll 14g Green Beans 4g Fruit 19-22g 100% Fruit Sherbet Cup 23g Milk	Pizza 36g Romaine Salad 3g Applesauce Cup 21g Milk

MENU #4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Breaded Steak 14g or BBQ Rib 4g WG Bun 26g Baked Beans 20g Fruit 19-22g Milk	Pizza Ripper 27g Marinara Sauce 8g Carrots 12g Fruit 19-22g Milk	Popcorn Chicken 14g Oven Potatoes 21g Fresh Fruit Juice Cup 14g Milk	WG Pasta w/Meat Sauce 24g Garlic Bread 19g Green Beans 4g 100% Fruit Sherbet Cup 23g Milk	Personal Pan Pizza 36g Romaine Salad 3g 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

- 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 2019	SEPTEMBER 2019	OCTOBER 2019	NOVEMBER 2019	DECEMBER 2019	JANUARY 2020	FEBRUARY 2020	MARCH 2020	APRIL 2020	MAY 2020
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	1 2 3 4 5 6 7	1 2 3 4 5	1 2	1 2 3 4 5 6 7	1 2 3 4	1	1 2 3 4 5 6 7	1 2 3 4	1 2
4 5 6 7 8 9 10	8 9 10 11 12 13 14	6 7 8 9 10 11 12	3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11	2 3 4 5 6 7 8	8 9 10 11 12 13 14	5 6 7 8 9 10 11	3 4 5 6 7 8 9
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	15 16 17 18 19 20 21	12 13 14 15 16 17 18	9 10 11 12 13 14 15	15 16 17 18 19 20 21	12 13 14 15 16 17 8	10 11 12 13 14 15 16
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	22 23 24 25 26 27 28	19 20 21 22 23 24 25	16 17 18 19 20 21 22	22 23 24 25 26 27 28	19 20 21 22 23 24 25	17 18 19 20 21 22 23
25 26 27 28 29 30 31	29 30	27 28 29 30 31	24 25 26 27 28 29 30	29 30 31	26 27 28 29 30 31	23 24 25 26 27 28 29	29 30 31	26 27 28 29 30	24 25 26 27 28 29 30