



Delta High School

MEAL PRICING:

| | |
|-------------------------|---------------|
| Lunch Full Price | Free* |
| Reduced Lunch Price | Free* |
| Milk Only | \$.55 |
| Adult Lunch/Breakfast | \$4.05/\$2.10 |
| Breakfast Full Price | Free* |
| Reduced Breakfast Price | Free* |

*Student meals are free this year.

LUNCH Menu

August-December 2021

| WEEK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------|--|--|---|---|---|
| 1 | Meatball Sub Baked Beans Fruit/Juice Milk | Chicken Stir Fry & roll Garden Salad Fruit/Juice Milk | French Toast Sausage links Hashbrown Fruit/Juice Milk | BBQ Pork Cole Slaw Carrots Fruit/Juice Milk | Cheesy Breadsticks w/marinara Green Beans Fruit/Juice Milk |
| 2 | Spaghetti w/meat sauce Breadstick Broccoli Fruit/Juice Milk | Macaroni & Cheese Roll Peas Fruit/Juice Milk | Nachos w/meat & cheese Salsa Refried Beans Fruit/Juice Milk | Potato Bowl w/Popcorn Chicken Corn & Roll Fruit/Juice Milk | Cook's Choice Carrots Fruit/Juice Milk |
| 3 | Hot Ham & Cheese Sandwich Celery Fruit/Juice Milk | Chicken Fajitas Pepper/onions Mexi-Rice Beans Fruit/Juice Milk | Breakfast Sandwich Tator Tots Fruit/Juice Milk | Chicken Parmesan w/spaghetti Garden Salad Fruit/Juice Milk | Taco Max Snacks Salsa Red Peppers Fruit/Juice Milk |
| 4 | Cook's Choice Cucumbers Fruit/Juice Milk | Chicken Noodle Casserole Broccoli Fruit/Juice Milk | Walking Taco Cheese/salsa Lettuce Beans Fruit/Juice Milk | Chili w/Scoops & Cheese cup Baked Fries Fruit/Juice Milk | Grilled Cheese Tomato Soup Sweet Tots Fruit/Juice Milk |

OTHER DAILY SELECTIONS: 2nd ENTREES

- M- Pizza
 - T- Subs
 - W- Salad or PB&J sack lunch
 - TH- Burger
 - F- Chicken
- ### HOT BREAKFAST OPTIONS DAILY
- M- egg wrap
 - T- Cinnamon Rolls
 - W- Pancake wrap
 - TH-Breakfast Casserole & English muffin
 - F- Breakfast Pizza
- Other grab & go options offered daily.

SNACKS

We offer a variety of a la carte snack items in our cafeteria, students must have a positive balance to purchase.

MENU SUBJECT TO CHANGE

THIS INSTITUTION IN AN EQUAL OPPORTUNITY PROVIDER

- Milk choices are offered at lunch and Breakfast.
- Free and Reduced Meal forms (Payschools) along with Payforit are available on www.pdys.org

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | 1 | 2 | 3 | 4 |
| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | | |

| S | M | T | W | T | F | S |
|----|----|----|----|----|----|----|
| | | | | | 1 | 2 |
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| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |

| S | M | T | W | T | F | S |
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| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 |
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| 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 26 | 27 | 28 | 29 | 30 | 31 | |

■ Week 1 Meal Plan
 ■ Week 2 Meal Plan
 ■ Week 3 Meal Plan
 ■ Week 4 Meal Plan

1. USDA What We Eat in America, NHANES 2015-2016
 2. USDA. ChooseMyPlate.gov. <http://www.choosemyplate.gov>