

# DELTA HIGH SCHOOL



584 Fernwood Street | Delta, OH 43515

PDYS.org

## MEAL PRICING:

Student Breakfast	\$Free
Lunch Full & Reduced Price	\$Free
Milk Only	\$.55
Adult Lunch / Breakfast	\$4.05/\$2.10

## LUNCH Menu

January-May 2022

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b>	Meatball Sub Carrots w/ Ranch Fruit & Juice Milk	Chicken Stir Fry Roll Garden salad Fruit & Juice Milk	French Toast Sausage Hash browns Fruit & Juice Milk	BBQ Pork on Bun Cole Slaw Baked Beans Fruit & Juice, Milk	Cheese Filled Breadsticks, Marinara Sauce Green Beans Fruit & Juice Milk
<b>2</b>	Spaghetti w/ Meat Sauce Roll Broccoli Fruit & Juice Milk	Chicken Sandwich Carrots Fruit & Juice Milk	Nacho's w/ Meat & Cheese Salsa Refried Beans Fruit & Juice Milk	Potato & Chicken Bowl Corn, Roll Fruit & Juice Milk	Macaroni & Cheese, Roll, Peas Fruit & Juice Milk
<b>3</b>	Hot Italian Sub Fresh Veggies Fruit & Juice Milk	Chicken Fajitas Pepper & Onions Mexi-Rice Black Beans Fruit & Juice, Milk	Breakfast Sandwich Potato Tots Fruit & Juice Milk	Chicken Parmesan w/Spaghetti Garden Salad Fruit & Juice Milk	Taco Max Salsa Red Peppers Fruit & Juice Milk
<b>4</b>	Cook's Choice Sweet Tots Fruit & Juice Milk	Chicken Noodle Casserole Broccoli Fruit & Juice Milk	Walking Taco, Cheese, Salsa Lettuce Beans Fruit & Juice Milk	Chili w/ Scoops and cheese, Fries Fruit & Juice Milk	Lasagna Cucumbers Side Salad Fruit & Juice Milk

## OTHER DAILY SELECTIONS:

### 2<sup>nd</sup> ENTREES

M- Pizza  
T-Subs  
W-Chef Salads or  
PBJ  
TH- Burgers  
F- Fish

### Daily

### Hot Breakfast

M- Egg Wrap  
T-Cinnamon Rolls  
W-Pancakes  
TH- Breakfast  
Casserole &  
English Muffin  
F- Breakfast Pizza

**We also offer  
other Grab & Go  
Breakfast  
Options**

**Menus are  
Subject to  
Change**

## THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Free & reduced meal applications along with Payforit are available at [www.pdys.org](http://www.pdys.org)

Fruit options offered at Breakfast. Milk choices offered at breakfast and lunch.

Ala Carte snacks are available to purchase daily in our cafeteria, student's must have a positive meal balance to purchase items.

January 2022						
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					

February 2022						
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					

March 2022						
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		

April 2022						
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

May 2022						
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				



Week 1 Meal Plan



Week 2 Meal Plan



Week 3 Meal Plan



Week 4 Meal Plan

1.2015-2020 Dietary Guidelines for Americans  
2.USDA. MyPlate.gov. <http://www.myplate.gov>.