



Delta High School

MEAL PRICING:

Lunch Full Price	\$3.30
Reduced Lunch Price	\$.40
Milk Only	\$.55
Adult Lunch/Breakfast	\$4.05/\$2.10
Breakfast Full Price	\$1.75
Reduced Breakfast Price	\$.30

OTHER DAILY SELECTIONS:

2nd ENTREES

M- Pizza
T- Subs
W- Salad or
PB&J sack lunch
TH- Burger
F- Chicken/Fish

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

LUNCH Menu

January-May 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 Hashbrowns 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	Tacos 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

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 on the Foodservice page.

January 2021						
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
24/31	25	26	27	28	29	30

February 2021						
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 2021						
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 2021						
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 2021						
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
23/30	24/31	25	26	27	28	29

June 2021						
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			

July 2021						
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. ChooseMyPlate.gov. <http://www.choosemyplate.gov>.