



Delta Middle School

MEAL PRICING:

Lunch Full Price	\$3.10
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- Banana Choc. Chunk Bar
- T- Breakfast Pizza
- W- Pancake wrap
- TH- Scrambled Eggs & BB muffin
- F- Pancakes or Waffles

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	French Toast Sausage links Hashbrowns Fruit Milk	Cheesy Breadsticks w/marinara Green Beans Fruit/Juice Milk	Walking Taco Cheese/salsa Lettuce Carrots Fruit Milk	Chicken Stir Fry & roll Garden Salad Fruit/Juice Milk	Hot Dog/Bun Baked Beans Fruit Milk
2	Cook's Choice Broccoli Fruit Milk	Taco Max Snacks Salsa Beans Fruit/Juice Milk	Potato Bowl w/Popcorn Chicken Corn & Roll Fruit Milk	BBQ Pork Baked Fries Fruit/Juice Milk	Spaghetti w/meat sauce Breadstick Celery Fruit Milk
3	Breakfast Sandwich Tator Tots Fruit Milk	Corn Dog Garden Salad Fruit/Juice Milk	Nachos w/meat & cheese Salsa Refried Beans Fruit Milk	Macaroni & Cheese Roll Peas Fruit/Juice Milk	Grilled Cheese Tomato Soup Sweet Tots Fruit Milk
4	Meatball Sub Baked Beans Fruit Milk	Cook's Choice Red Peppers Fruit/Juice Milk	Chicken Drum Stick Mashed Potatoes Roll w/butter Fruit Milk	Chili w/Scoops & Cheese cup Cucumbers Fruit/Juice Milk	Quesadilla Salsa Broccoli Fruit 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>.