



Delta Middle School

MEAL PRICING:

Lunch Full Price	\$3.00
Reduced Lunch Price	\$.40
Milk Only	\$.55
Adult Lunch/Breakfast	\$3.75/\$1.75
Breakfast Full Price	\$1.50
Reduced Breakfast Price	\$.30

OTHER DAILY SELECTIONS:

2nd ENTREES

M- Pizza
T- Subs
W- Salad or PB&J sack lunch
TH- Burger Bar
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 2020

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	Chicken Drum Stick Mashed Potatoes Roll w/butter Fruit Milk	Cook's Choice Red Peppers Fruit/Juice Milk	Meatball Sub Baked Beans 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

January 2020						
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 2020						
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

March 2020						
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 2020						
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 2020						
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

June 2020						
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 2020						
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>.