

April Highland Lunch Menu

Elementary – Milk Choices *FM* – Skim or Chocolate Skim; Crunchy Carrots *ROV* offered daily as a 2nd vegetable choice

Middle & High School –Milk Choices *FM* - Skim, 1%, or Chocolate Skim; Daily Garden & Fruit Bar

Middle School - PBJ Available as Daily Alternate Entree

High School –Alternate Hot Entrée Available Daily

Nutritional Information is available upon request. Please contact Rachel Cerny, Nutrition Director, at rcerny@highland.k12.ia.us

ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE “THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER” Updated 3/23/18

Did you know?

To help identify which component and or subgroup a menu item belongs to we are using the following abbreviations: # MMA = Meat / Meat Alternative Equivalents; # G = Number of Grain Equivalents; DGV = Dark Green Vegetable, ROV = Red Orange Vegetable, BPL = Beans Peas (Field Peas) Legumes, SV = Starchy Vegetable, OV = Other Vegetable. All vegetable servings are ½ cup unless otherwise noted. Elementary is offered a ¼ cup package of Carrotinis as a 2nd vegetable choice. F = ½ cup serving of Fruit; FM = Fluid Milk (8 oz)

2 NO SCHOOL!!	3 Chicken Nuggets 2 MMA & 1 G Mashed Potatoes SV Sweet Corn SV Cheese Sauce Diced Peaches F Bread & Butter (HS) 1 G	4 Chicken Fajita 2 MMA WG Tortilla Shell 1 G Shredded Cheddar ½ MMA Roasted Peppers & Onions (MS & HS) Salsa ROV Bean Dip BPL Tortilla Chips 1 G Pineapple F	5 Omelet with Cheese 2 MMA French Toast Sticks 1 MMA 1 ½ G Seasoned Green Beans OV Scooby Snacks (HS Only) 1 G Applesauce F Blueberry Yogurt ½ MMA	6 Pork Tenderloin 2 MMA ¼ G WG Hamburger Bun 2 G Pickles & Onion Slices Seasoned Power Peas SV Diced Pears F
9 Hamburger / Cheeseburger 2 / 2 ½ MMA WG Hamburger Bun 2 G Pickle & Onion Slices OV Tator Tots SV Diced Pears F	10 Chicken Taco 2 MMA WG Wrap 1 G Sour Cream (HS Only) WG Tortilla Chips 1 G Salsa ½ ROV Corn Salsa OV Shredded Cheddar ½ MMA Lettuce OV Pineapple F	11 Mozzarella Filled Breadstick 2 MMA 2 G Marinara Sauce ¼ c ROV Cottage Cheese 1 MMA Steamed Broccoli DGV Pretty Peaches F Sidekick Slushie F	12 Pulled Pork 2 MMA Whole Grain Bun 2 G Baked Beans BPL Orange Smiles F Scooby Snack 1 G	13 Maid Rite 2 MMA WG Bun 2 G Pickles OV Onion OV (MS & HS) Tator Tots SV Diced Pears F Fruit Snacks (HS only)
16 Chicken Patty 2 MMA & 1 G WG Bun 2 G Cool Applesauce Cups F Power Peas SV Homemade Oatmeal Choc. Chip Cookie	17 Italian Cavatini 2 MMA, 1 G, ¼ c ROV (Penne Pasta & Ground Beef in a Italian Inspired Tomato Sauce sprinkled with Mozzarella Cheese) Garlic Breadstick 1 G Steamed Green Beans OV Pineapple F	18 Beef Taco 2 MMA WG Wrap 1 G Bean Dip BPL WG Tortilla Chips 1 G Shredded Cheddar ½ MMA Salsa ½ ROV Sour Cream (HS Only) Lettuce OV Applesauce F	19 BBQ Rib Patty 2 MMA Whole Grain Bun 2 G Steamed Seasoned Broccoli DGV Orange Smiles F Cottage Cheese (MS & HS) 1 MMA Baked Chips (HS Only)	20 Homemade Cheese Pizza 2 MMA & 2 G & 1/8 c ROV (Homemade Whole Grain Crust topped with zesty pizza sauce and a mix of mozzarella & cheddar cheese) Seasoned Green Beans OV Applesauce F Gripz 1 G
23 Pork Tenderloin 2 MMA ¼ G WG Hamburger Bun 2 G Pickles OV Onion OV (MS & HS) Steamed Broccoli DGV Applesauce Cup F	24 Walking Taco Doritos 1 ½ G Taco Meat 2 MMA Lettuce Crunchy Carrots Diced Pears F Cheddar Cheese ½ MMA Sour Cream (MS & HS) Graham Cracker (HS) ½ G	25 Chicken Nuggets 2 MMA & 1 G Mashed Potatoes SV Sweet Corn SV Cheese Sauce Diced Peaches F Bread & Butter (HS) 1 G	26 Chicken Teriyaki 2 MMA WG Brown Rice 1 G Mixed Peas & Carrots SV & ROV Orange Smiles F Bread & Butter (HS Only) 1 G	27 Turkey & Cheese Deli Wrap Elem – 1.5 MMA, ½ MMA, & 1 G MS & HS – 2 MMA, ½ MMA, & 1 G Baked Beans BPL Diced Pears F Homemade Oatmeal Choc. Chip Cookie
30 Hot Dog 2 MMA WG Hot Dog Bun 2 G Baked Beans BPL Mixed Fruit F Baked Chips	1 Chicken Fajita 2 MMA WG Tortilla Shell 1 G Shredded Cheddar ½ MMA Roasted Peppers & Onions (MS & HS) Salsa ROV Corn Salsa OV Tortilla Chips 1 G Pineapple F	2 Hamburger / Cheeseburger 2 / 2 ½ MMA WG Hamburger Bun 2 G Pickle & Onion Slices OV Power Peas SV Orange Smiles F	3 Chicken Patty 2 MMA & 1 G WG Bun 2 G Steamed Broccoli DGV Diced Peaches F Homemade Oatmeal Choc. Chip Cookie	5 Omelet with Cheese 2 MMA French Toast Sticks 1 MMA 1 ½ G Seasoned Green Beans OV Scooby Snacks (HS Only) Applesauce F Blueberry Yogurt ½ MMA