

April Highland Lunch Menu

Milk Served with all Meals. Choice of Plain Skim, Chocolate Skim, or Strawberry Skim. Students are not required to take milk as long as they have enough other components on their trays. For students who don't wish to drink milk, water glasses are available.

Available Daily: Menu Coordinating Condiments. Elementary –Crunchy Carrots offered as an 2nd vegetable choice. **Middle & High School Veggie & Fruit Bar. Alternate Entrée's: Middle School - PBJ Jamwich Combo. High School** –Alternate Hot Entrée or PBJ Jamwich Combo

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 3/20/19

<p>1 E: Beef Taco 2 MMA, WG Wrap 1 ½ G, Shredded Cheddar ½ MMA MS & HS: Super Nachos All: Bean Dip 1 BPL, WG Tortilla Chips 1 G, Shredded Lettuce ½ OV Pineapple 1 F, Ultimate Choc Chip Cookie 1 G (HS only)</p>	<p>2 Mandarin Orange Chicken 2 MMA 1/4 G WG Brown Rice 2 G Peas & Carrots ¾ SV & ¼ ROV Pears 1 F Bread & Butter (HS Only) 1 G</p>	<p>3 E & MS: Bacon & Egg Breakfast Pizza 1 MMA 1 ½ G Tri Tators 1 SV & Orange Smiles 1 F H: Assorted Hot Sandwiches 2 MMA, WG Bun H 2 G Tri Tators 1 SV Orange Smiles 1 F Sidekick Slushie 1 F (MS & HS)</p>	<p>4 Deli Turkey Sandwich 2 MMA WG Bun E 1.5 G, M & H 2 G Steamed Green Beans OV Tropical Mixed Fruit 1 F Doritos 1 G Cottage Cheese (MS & HS) 1 MMA</p>	<p>5 French Bread Pizza 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Mandarin Oranges 1 F</p>
<p>8 Meatballs 2 MMA E & MS: Garlic Bread Sticks 2 G HS: WG Bun 2 G Mozzarella Cheese ½ MMA Marinara Sauce (MS & HS) Cottage Cheese 1 MMA Steamed Broccoli 1 DGV Diced Peaches 1 F</p>	<p>9 Breaded Pork Tenderloin 2 MMA ¾ G WG Bun E 1.5 G, M & H 2 G Steamed Carrots 1 ROV Warm Cinnamon Apples (Elem) 1 F Apple Crisp (MS & HS) 1/2 F Assorted Fruit Juice (MS & HS) 1 F Pickle & Onion Slices</p>	<p>10 Chicken Taco 2 MMA WG Wrap 1 G Sour Cream (HS Only) WG Tortilla Chips 1 G Salsa ½ ROV Lettuce ½ OV E: Crunchy Carrots ½ ROV Corn Salsa 1 OV (MS & HS Only) Shredded Cheddar ½ MMA Pineapple 1 F</p>	<p>11 Chicken Drumstick 2 MMA ¾ G Dinner Roll 1 G Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce (MS & HS) HS: Graham Cracker ½ G Mixed Fruit 1 F</p>	<p>12 Mozzarella Bread Sticks 2 MMA 2 G Marinara Sauce 1/2 ROV Baked Beans 1 BPL Diced Pears 1 F</p>
<p>15 Beef Taco 2 MMA WG Tortilla Wrap 1 ½ G Shredded Cheddar ½ MMA Bean Dip 1 BPL WG Tortilla Chips 1 G Shredded Lettuce ½ OV Pineapple 1 F</p>	<p>16 Mandarin Orange Chicken 2 MMA 1/4 G WG Brown Rice 2 G Peas & Carrots ¾ SV & ¼ ROV Pears 1 F Bread & Butter (HS Only) 1 G</p>	<p>17 BBQ Chicken 2 MMA WG Bun E 1.5 G, M & H 2 G Steamed Green Beans 1 OV Sweet Potato Fries 1 ROV Pretty Peaches 1 F</p>	<p>18 Sausage, Egg, & Cheese Biscuit Egg Patty 1 MMA Sausage Patty 1 MMA American Cheese ½ MMA WG Biscuit 2 G Potato Wedges 1 SV Apple Slices 1 F</p>	<p>19 Toasted Cheese Sandwich 2 MMA, 2 G HS Alt: Breaded Fish Square on WG Bun 2 MMA 1 G + 2 G Steamed Broccoli 1 DGV Tropical Mixed Fruit F Sidekick Slushie 1 F</p>
<p>22 Chicken Fajita 2 MMA WG Tortilla Wrap 1 1/2 G Roasted Onions & Peppers (M & H) ½ OV, Shredded Cheddar Cheese ½ MMA, Lettuce ½ OV E: Crunchy Carrots ½ ROV Corn Salsa 1 OV (MS & HS Only) Salsa ½ ROV Pineapple 1 F Whole Grain Tortilla Chips 1 G</p>	<p>23 Sloppy Joe 2 MMA WG Bun E 1.5 G, M & H 2 G Pickles OV Onion OV (MS & HS) Baked Beans 1 BPL Mandarin Oranges F</p>	<p>24 French Bread Pizza 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Applesauce 1 F Assorted Fruit Juice (MS & HS) 1 F</p>	<p>25 Chicken Drumstick 2 MMA ¾ G Dinner Roll 1 G Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce (MS & HS) HS: Graham Cracker ½ G Peaches 1 F</p>	<p>26 Teriyaki Chicken 2 MMA WG Brown Rice 2 G Peas & Carrots ¾ SV & ¼ ROV Pears 1 F Bread & Butter (HS Only) 1 G</p>
<p>29 E: Beef Taco 2 MMA, WG Tortilla Wrap 1 ½ G, Shredded Cheddar ½ MMA MS & HS: Super Nachos All: Bean Dip 1 BPL, WG Tortilla Chips 1 G, Shredded Lettuce ½ OV Pineapple 1 F Ultimate Choc Chip Cookie 1 G (HS only)</p>	<p>30 Deli Turkey Sandwich 2 MMA WG Bun E 1.5 G, M & H 2 G Steamed Green Beans OV Peaches 1 F Doritos 1 G Cottage Cheese (MS & HS) 1 MMA</p>	<p>1 Omelet with Cheese 2 MMA French Toast Sticks E & M: 1 MMA, 1 ½ G, HS: 1 ¼ MMA, 2 G Sugar Free Maple Pancake Syrup Steamed Broccoli 1 DGV E– Dragon Fruit Punch 1 F MS & HS –Assorted Juice Cup 1 F</p>	<p>2 BBQ Rib Patty 2 MMA WG Bun E 1.5 G, M & H 2 G Potato Wedges 1 SV Sunshine Salad 1 F Cottage Cheese (MS & HS) 1 MMA Pickle & Onion Slices OV</p>	<p>3 Breaded Chicken Patty 2 M 1 G WG Bun E 1.5 G, M & H 2 G Baked Beans 1 BPL Diced Pears 1 F Sidekick Slushie 1 F</p>