

December 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.

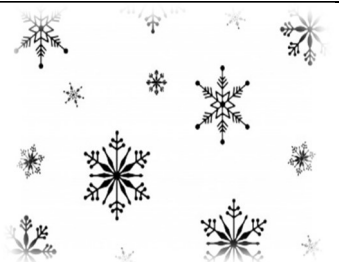
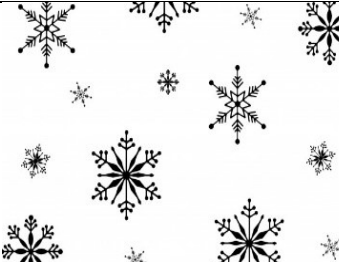
Available Daily: Menu Coordinating Condiments. **Elementary** –Crunchy Carrots offered as an 2nd vegetable choice. **Middle & High School** Veggie & Fruit Bar. **Alternate Entrée's:** **Middle School** - PBJ Jamwich Combo. **High School** –Alternate Hot Entrée or PBJ Jamwich Combo

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 11/9/18

Monday	Tuesday	Wednesday	Thursday	Friday	
3 Mozzarella Breadsticks 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Carrots 1 ROV Diced Pears 1 F Sidekick Fruit Slushie 1 F	4 Breaded Chicken Patty 2 MMA & 1 G WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Cool Applesauce 1 F Cottage Cheese	5 Omelet with Cheese 2 MMA French Toast Sticks 1 MMA, 1 1/2 G Sugar Free Maple Pancake Syrup Steamed Power Peas 1 SV Mixed Fruit 1 F HS – Frozen OJ Cups 1 F HS - Scooby Snacks 1 G	6 BBQ Rib Patty 2 MMA WG Bun E 1.5 G, M & H 2 G Sweet Corn 1 SV Sunshine Salad 1 F Cottage Cheese (MS & HS) 1 MMA Pickle & Onion Slices OV	7 Huskie Hamburger 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese 1/2 MMA Baked Beans 1 BPL Diced Peaches 1 F Pickle & Onion Slices OV	
10 Chicken Taco 2 MMA WG Wrap 1 G Sour Cream (HS Only) WG Tortilla Chips 1 G Salsa 1/2 ROV Lettuce 1/2 OV E: Crunchy Carrots 1/2 ROV Corn Salsa 1 OV (MS & HS Only) Shredded Cheddar 1/2 MMA Pineapple 1 F	11 Spaghetti & Meat Sauce 1 G, 1 ROV, 2 MMA Lettuce Salad with Dressing 1 OV Garlic Breadstick 1 G Applesauce 1 F Cottage Cheese 1 MMA	12 Breaded Pork Tenderloin 2 MMA 3/4 G WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Diced Pears 1 F Pickle & Onion Slices OV	13 E: Chicken Teriyaki 2 MMA MS & HS: Mandarin Orange Chicken / Sweet Thai Chili Chicken 2 MMA 1/4 G WG Brown Rice 2 G Peas & Carrots 3/4 SV & 1/4 ROV Mixed Fruit 1 F Bread & Butter (HS Only) 1 G	14 Mini Corn Dogs 2 MMA 2 G Baked Beans 1 BPL Peaches 1 F Strawberry Yogurt E = 1 MMA, MS & HS = 1 1/2 MMA Nature Valley Crisp 1/3 G	
17 Chicken Fajita 2 MMA WG Tortilla Wrap 1 G Roasted Onions & Peppers (M & H) 1/2 OV Shredded Cheddar Cheese 1/2 MMA Lettuce 1/2 OV E: Crunchy Carrots 1/2 ROV Corn Salsa 1 OV (MS & HS Only) Salsa 1/2 ROV Pineapple 1 F Whole Grain Tortilla Chips 1 G	18 E & MS: Breaded Chicken Patty 2 MMA & 1 G HS: Cook's Choice Entrée WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Mixed Fruit 1 F	19 Huskie Hamburger 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese 1/2 MMA Sweet Potato Fries 1 ROV Diced Peaches 1 F Pickle & Onion Slices OV	20 Omelet with Cheese 2 MMA Rich's Cinnamon Roll 2 G Baked Beans 1 BPL Applesauce 1 F Dragon Punch 1 F Fruit Rollup	21 E: Bosco Sticks 2 MMA 2 G Marinara Sauce 1/2 ROV MS & HS: Cook's Choice Entree Mixed Vegetables OV Diced Pears 1 F	
 <p>No School December 24 to January 2 Classes Resume Thursday, January 3</p>				3 Mozzarella Breadsticks 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Carrots 1 ROV Diced Pears 1 F Sidekick Fruit Slushie 1 F	4 Beef Taco 2 MMA WG Wrap 1.5 G Sour Cream (HS) WG Tortilla Chips 1 G Bean Dip 1 BPL Salsa 1/2 ROV Shredded Cheddar 1/2 MMA Lettuce 1/2 OV Pineapple 1 F