

December Highland Lunch Menu

Milk Available 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. **Middle School & High School Alternate Entrée's:** PBJ Jamwich Combo, Chef's Salad, or Fruit & Yogurt Parfait. **HS Alternate:** Hot Entrée. **MS** Please order Parfaits & Salads at lunch the day before. **HS & Staff** Please order Parfaits & Salads online prior to 8:45 am.

****All students are required to take a minimum of 3 components to make a lunch, one component MUST be a ½ cup serving of either fruit or vegetable.****

Additional Nutritional Information is available upon request. Please contact Rachel Cerny, Nutrition Director, at rcerny@highlandhuskies.org

ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE – Updates available on the Highland website under the Highland MS/HS Announcements Tab.

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER" Updated 11/20/19

******* Winter Break December 23 to January 3, IF January 2nd & January 3rd are needed for Snow Make-Up**

Days Menus will be posted in the online Announcements*****

<p>2 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 Refried Beans 1 BPL Salsa ½ ROV Applesauce Cups 1 F WG Tortilla Chips 1 G</p>	<p>3 French Bread Pizza 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Diced Pears 1 F</p>	<p>4 Meatballs 2 MMA Garlic Breadsticks 2 G Mozzarella Cheese ½ MMA Marinara Sauce (MS & HS) Cottage Cheese 2 MMA Great Green Beans 1 OV Orange Smiles 1 F</p>	<p>5 Sausage, Egg, & Cheese Biscuit Egg Patty 1 MMA Sausage Patty 1 MMA American Cheese ½ OV WG Biscuit 2 G Potato Wedges 1 SV Apple Slices 1 F</p>	<p>6 Shredded Beef 2 MMA WG Bun E 1.5 G, M & H 2 G Mashed Potatoes 1 SV Gravy (MS & HS Only) Diced Peaches</p>
<p>9 Chicken Nuggets 2 MMA, 1 G Dinner Roll (MS & HS) 2 G w/ Jelly or Margarine Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce (MS & HS only) Peaches 1 F</p>	<p>10 Maid Rite 2 MMA WG Bun E 1.5 G, M & H 2 G Pickles OV Onion OV (MS & HS) Baked Beans 1 BPL Diced Pears 1 F</p>	<p>11 Mandarin Orange Chicken 2 MMA 1/4 G WG Brown Rice 2 G Steamed Broccoli 1 DGV Bread & Butter (HS Only) 1 G Mixed Fruit 1 F</p>	<p>12 Shredded Pork 2 MMA WG Bun E 1.5 G, M & H 2 G Sweet Potato Fries 1 ROV Warm Cinnamon Apples 1 F Scooby Snacks 1 G</p>	<p>13 Walking Taco Doritos 1 ½ G Taco Meat 2 MMA Lettuce ½ OV Cheddar Cheese ½ MMA Crunchy Carrots 1 ROV Pineapple 1 F Sour Cream (MS & HS) Assorted Crackers (HS) 1 G</p>
<p>16 Cheesy Beef Dip E 2 MMA, MS & HS 3 MMA <i>Taco seasoned ground beef mixed with melted cheese to make a delicious dip!</i> WG Tortilla Chips 1 G Seasoned Green Beans 1 OV Pineapple 1 F Betty Crocker Oatmeal Bar 1 G</p>	<p>17 Breaded Chicken Patty 2 M 1 G WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Applesauce 1 F</p>	<p>18 Hamburger 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese ½ MMA (MS & HS) Sweet Corn 1 SV Peaches 1 F</p>	<p>19 Mini Corn Dogs E= 1.5 MMA & 1.5 G MS & HS = 2 MMA & 2 G Baked Beans 1 BPL Diced Pears 1 F Graham Crackers 1 G</p>	<p>20 E: Turkey & Cheese 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese ½ MMA (MS & HS) Doritos 1 ½ G Crunchy Mixed Vegetables 1 OV Applesauce Cup 1 F MS & HS: Chef's Choice</p>
<p>January 6 Mozzarella Breadsticks 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Diced Pears 1 F</p>	<p>7 Chicken Nuggets 2 MMA, 1 G Dinner Roll (MS & HS) 2 G w/ Jelly or Margarine Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce (MS & HS only) Peaches 1 F</p>	<p>8 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 Corn Salsa 1 OV Salsa ½ ROV Pineapple 1 F WG Tortilla Chips 1 G</p>	<p>9 Hamburger 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese ½ MMA (MS & HS) Steamed Green Beans 1 OV Orange Smiles 1 F</p>	<p>10 BBQ Rib Patty 2 MMA WG Bun E 1.5 G, M & H 2 G Baked Beans 1 BPL Sunshine Salad 1 F Cottage Cheese (MS & HS) 1 MMA Pickle & Onion Slices OV</p>