

February Highland Lunch Menu

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

Middle & High School – Milk Choices – Plain Skim, Plain 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 1/25/18

Did you know? We offer breakfast every morning at both the elementary and the middle/high school? Elementary breakfast is offered in the gym and the students are offered a variety of cereals or Pop Tarts, crackers, juice, milk, and fruit cups. Elementary Student Meal \$1.55. Middle School and High School Students can grab breakfast at the high school kitchen before heading off to class in the morning, between classes, or during study hall up to 10 am. MS & HS Students are offered a variety of hot breakfast items, cereal, muffins, or Pop Tarts; crackers, juice, milk, and fresh fruit. MS & HS Students may purchase a meal (the best \$\$ value) or purchase items a la carte. MS & HS Student Meal \$1.65.

5 Hamburger / Cheeseburger WG Hamburger Bun Pickle & Onion Slices Seasoned Steamed Broccoli Mixed Fruit	6 Chicken Fajita WG Tortilla Shell Shredded Cheddar Roasted Peppers/Onions (MS/HS) Salsa Corn Salsa Tortilla Chips Pineapple	7 Chicken Tenders Mashed Potatoes Sweet Corn Cheese Sauce Diced Peaches Bread & Butter (HS)	8 Chicken Teriyaki WG Brown Rice Mixed Peas & Carrots Orange Smiles Goldfish Crackers Bread & Butter (HS Only)	9 Maid Rite on WG Bun Pickle Slices Diced Onion Potato Wedges Baked Beans Diced Pears
12 BBQ Rib Patty Whole Grain Bun Steamed Seasoned Broccoli Warm Cinnamon Apples (K-5) Apple Crisp & Fresh Fruit (6-12)	13 Chicken Taco WG Wrap WG Tortilla Chips Bean Dip Shredded Cheddar Salsa Lettuce Pineapple Sour Cream (HS Only)	14 Spaghetti & Meat Sauce Lettuce Salad with Dressing Garlic Breadstick Peaches Cottage Cheese Graham Cracker Cookie	15 Hamburger / Cheeseburger WG Hamburger Bun Pickle & Onion Slices Potato Wedges Pears	16 NO SCHOOL !!
19 NO SCHOOL !!	20 Popcorn Chicken Mashed Potatoes Sweet Corn Cheese Sauce Diced Peaches Bread & Butter (HS)	21 Chicken Fajita Rice Bowl Fiesta Rice Fajita Chicken Shredded Cheddar Corn Salsa Salsa WG Tortilla Chips Orange Smiles	22 Italian Cavatini (Penne Pasta & Ground Beef in a Italian Inspired Tomato Sauce sprinkled with Mozzarella Cheese) Garlic Breadstick Steamed Seasoned Broccoli Pineapple	23 Omelet with Cheese French Toast Sticks Power Peas Scooby Snacks (HS Only) Mixed Fruit Blueberry Yogurt
26 Pork Tenderloin WG Hamburger Bun Pickles & Onion Slices Steamed Seasoned Power Peas Diced Peaches	27 Chili Shredded Cheddar Homemade WG Cinnamon Roll Crackers Carrots & Celery with Ranch Applesauce	28 Meatball Sub on WG Bun Spaghetti Sauce (MS & HS Only) Mozzarella Cheese Steamed Seasoned Broccoli Fresh Apple Wedges	1 Turkey & Cheese Deli Sandwich Sweet Corn Mixed Fruit Baked Chips Graham Cracker Cookie (MS & HS)	2 Mozzarella Filled Breadstick Marinara Sauce Cottage Cheese Steamed Green Beans Pineapple Sidekick Slushie