

# February 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 2<sup>nd</sup> 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 1/16/19

<p><b>4 E: Chicken Teriyaki</b> 2 MMA  <b>MS &amp; HS: Mandarin Orange Chicken</b> 2 MMA 1/4 G            WG Brown Rice 2 G            Peas &amp; Carrots ¼ SV &amp; ¼ ROV            Mixed Fruit 1 F            Bread &amp; Butter (HS Only) 1 G</p>	<p><b>5 Taco Bake</b>            2 ½ MMA &amp; 1 1/2 G &amp; ¼ C ROV            Salsa ROV            Steamed Green Beans OV            Pineapple F            Cottage Cheese (MS &amp; HS) 1 MMA            Snack Crackers (MS &amp; HS) 1 G</p>	<p><b>6 Omelet with Cheese</b> 2 MMA            Rich's Cinnamon Roll 2 G            Tator Tots 1 SV            Applesauce 1 F            Dragon Punch 1 F</p>	<p><b>7 E: Mozzarella Bread Sticks</b> 2 MMA 2 G  <b>MS &amp; HS: French Bread Pizza</b> 2 MMA &amp; 2 G            Marinara Sauce 1/2 ROV            Baked Beans 1 BPL            Diced Pears 1 F</p>	<p><b>8 Meatballs</b> 2 MMA            E &amp; MS: Garlic Bread Sticks 2 G            HS: WG Bun 2 G            Mozzarella Cheese ½ MMA            Marinara Sauce (MS &amp; HS)            Cottage Cheese 1 MMA            Steamed Broccoli 1 DGV            Diced Peaches 1 F</p>
<p><b>11 Chicken Fajita</b> 2 MMA            WG Tortilla Wrap 1 1/2 G            Roasted Onions &amp; Peppers (M &amp; H) ½ OV            Shredded Cheddar Cheese ½ MMA            Lettuce ½ OV            E: Crunchy Carrots ½ ROV            Corn Salsa 1 OV (MS &amp; HS Only)            Salsa ½ ROV Pineapple 1 F            Whole Grain Tortilla Chips 1 G</p>	<p><b>12 Breaded Pork Tenderloin</b>            2 MMA ¾ G            WG Bun E 1.5 G, M &amp; H 2 G            Steamed Green Beans OV            Warm Cinnamon Apples (Elem) 1 F            Apple Crisp (MS &amp; HS) 1/2 F            Seasonal Fresh Fruit (MS &amp; HS) 1 F            Pickle &amp; Onion Slices</p>	<p><b>13 Huskie Hamburger</b> 2 MMA            Sliced Cheese ½ MMA (MS &amp; HS Only)            WG Bun E 1.5 G, M &amp; H 2 G            Baked Beans 1 BPL            Tator Tots 1 SV            Diced Peaches 1 F</p>	<p><b>14 Chicken Nuggets</b> 2 MMA, 1 G            Dinner Roll (MS &amp; HS) 1 G            Mashed Potatoes 1 SV            Sweet Corn 1 SV            Cheese Sauce (MS &amp; HS Only)            Mandarin Oranges 1 F</p>	<p><b>15 NO SCHOOL!</b></p>
<p><b>18 NO SCHOOL!</b></p>	<p><b>19 Mini Corn Dogs</b> 2 MMA 2 G            Baked Beans 1 BPL            Pineapple 1 F            Sidekick Fruit Slushie 1 F            Scooby Snacks (HS) 1 G</p>	<p><b>20 Grilled Chicken Patty</b> 2 MMA  <b>HS: BBQ Chicken</b> 2 MMA            WG Bun E 1.5 G, M &amp; H 2 G            Steamed Broccoli 1 DGV            Sweet Potato Fries 1 ROV            Pretty Pears 1 F</p>	<p><b>21 Sausage, Egg, &amp; Cheese Biscuit</b>            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><b>22 Chicken Drumstick</b> 2 MMA ¾ G            Dinner Roll 1 G            Mashed Potatoes 1 SV            Sweet Corn 1 SV            Cheese Sauce (MS &amp; HS)            HS: Graham Cracker ½ G            Pretty Peaches 1 F</p>
<p><b>25 E: Beef Taco</b> 2 MMA            WG Tortilla Wrap 1 ½ G            Shredded Cheddar ½ MMA  <b>All:</b> Bean Dip 1 BPL            WG Tortilla Chips 1 G            Shredded Lettuce ½ OV            Pineapple 1 F  <b>MS &amp; HS: Super Nachos:</b> Beef Taco Meat 2 MMA            Cheese Sauce            Ultimate Chocolate Chip Cookie 1 G (HS only)</p>	<p><b>26 Chicken Patty</b> 2 MMA &amp; 1 G            WG Bun E 1.5 G, M &amp; H 2 G            Steamed Broccoli 1 DGV            Applesauce 1 F            Sidekick Slushie 1</p>	<p><b>27 Hot Dog</b> 2 MMA            WG Hot Dog Bun 2 G            Steamed Green Beans OV            Peaches 1 F            Scooby Snacks 1 G            Cottage Cheese (MS &amp; HS) 1 MMA</p>	<p><b>28 Cowboy Cavatini</b>  <b>Garlic Bread Stick</b>            Salsa ROV            Sweet Corn 1 SV            Mixed Fruit F            Cottage Cheese (MS &amp; HS) 1 MMA            Snack Crackers (MS &amp; HS) 1 G</p>	<p><b>1 Huskie Hamburger</b> 2 MMA            WG Bun E 1.5 G, M &amp; H 2 G            Sliced Cheese ½ MMA (MS &amp; HS Only)            Steamed Power Peas 1 SV            Diced Pears 1 F            Pickle &amp; Onion Slices OV</p>