

February 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: 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.

To make a USDA Reimbursable Meal, ALL students must take a minimum of 3 components, 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 1/21/2020

3 Meatballs 2 MMA Garlic Breadsticks 2 G Mozzarella Cheese ½ MMA Marinara Sauce (MS & HS) Cottage Cheese 2 MMA Steamed Broccoli 1 DGV Diced Pears 1 F	4 Tator Tot Casserole 2 MMA & 1 SV Savory Ground Beef Mixed w/ Cream of Mushroom Soup & Sweet Corn, Topped w/ Cheese & Tator Tots! Rolly Polly Peas 1 SV Garlic Breadstick E 1 G, MS & HS 2 G Cool Diced Peaches 1 F	5 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	6 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	7 Shredded Beef 2 MMA WG Bun E 1.5 G, M & H 2 G Mashed Potatoes 1 SV Gravy (MS & HS Only) Applesauce 1 F
10 Chicken Taco 2 MMA WG Wrap 1 G Salsa ½ ROV Sour Cream (HS Only) WG Tortilla Chips 1 G Refried Bean Dip 1 BPL Shredded Cheddar ½ MMA Lettuce ½ OV Pineapple 1 F	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	12 Mini Corn Dogs E= 1.5 MMA & 1.5 G MS & HS = 2 MMA & 2 G Steamed Green Beans 1 OV Diced Pears 1 F Graham Crackers 1 G	13 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	14 Heart Shaped 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) Strawberry Applesauce Cup 1 F
17 President's Day NO SCHOOL	18 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 Hash Brown Cubes 1 SV Assorted Fruit Juices 1 F	19 Breaded Chicken Patty 2 M 1 G WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Peaches 1 F	20 Walking Taco Doritos 1 ½ G Taco Meat 2 MMA Lettuce ½ OV Cheddar Cheese ½ MMA Sweet Corn 1 SV Pineapple 1 F Sour Cream (MS & HS) Assorted Crackers (HS) 1 G	21 NO SCHOOL
24 Cheesy Beef Dip E 2 MMA, MS & HS 3 MMA MS & HS Alt: Buffalo Chicken Dip 3 MMA WG Tortilla Chips 1 G Seasoned Green Beans 1 OV Pineapple 1 F Ultimate Choc. Chip Cookie 1 G	25 Breaded Pork Loin Patty 2 MMA ¾ G WG Bun E 1.5 G, M & H 2 G Baked Beans 1 BPL Cinnamon Apple Slices 1 F Pickle & Onion Slices OV	26 Mozzarella Breadsticks 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Diced Pears 1 F	27 Chicken Drumstick 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	28 Spaghetti E 1 G, MS & HS 1 ½ G Meat Sauce E 1 ROV, 1 ½ MMA; MS & HS 1 ROV, 2 MMA OR Butter Sauce Celery Sticks 1 OV Garlic Breadstick 1 G Apple Slices 1 F Cottage Cheese 1 MMA