

January 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 12/17/18

 <p>No School December 24 to January 2 Classes Resume Thursday, January 3</p> 					<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</p>	<p>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</p>
<p>7 E: Chicken Teriyaki 2 MMA MS & HS: Mandarin Orange Chicken 2 MMA 1/4 G WG Brown Rice 2 G Peas & Carrots 1/4 SV & 1/4 ROV Mixed Fruit 1 F Bread & Butter (HS Only) 1 G</p>	<p>8 Meatballs 2 MMA Elem – Garlic Bread Sticks 2 G MS & HS WG Bun 2 G Mozzarella Cheese 1/2 MMA Marinara Sauce (MS & HS) Cottage Cheese 2 MMA Steamed Broccoli 1 DGV Applesauce 1 F</p>	<p>9 Grilled Chicken Patty 2 MMA WG Bun E 1.5 G, M & H 2 G Baked Beans 1 BPL Pretty Pears 1 F Sidekick Fruit Slushie 1 F</p>	<p>10 Taco Bake 2 1/2 MMA & 1 G & 1/4 C ROV Salsa ROV Steamed Green Beans OV Pineapple F Cottage Cheese (MS & HS) 1 MMA Snack Crackers (MS & HS) 1 G</p>	<p>11 Huskie Hamburger 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese 1/2 MMA Sweet Corn 1 SV Diced Pears 1 F Pickle & Onion Slices OV</p>		
<p>14 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</p>	<p>15 Breaded Pork Tenderloin 2 MMA 1/2 G WG Bun E 1.5 G, M & H 2 G Steamed Green Beans OV Warm Cinnamon Apples (Elem) 1 F Apple Crisp (MS & HS) 1/2 F Seasonal Fresh Fruit (MS & HS) 1 F Pickle & Onion Slices OV</p>	<p>16 Hot Dog 2 MMA WG Hot Dog Bun 2 G Baked Beans 1 BPL Peaches 1 F Scooby Snacks 1 G Cottage Cheese (MS & HS) 1 MMA</p>	<p>17 Pizza Bake 2 MMA, 1 G, 1/4 ROV Garlic Breadstick 1 G Steamed Broccoli 1 DGV Mixed Fruit 1 F</p>	<p>18 Chicken Drumstick 2 MMA 1/4 G Dinner Roll 1 G Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce (MS & HS) HS: Graham Cracker 1/2 G Pretty Peaches 1 F</p>		
<p>21 NO SCHOOL!</p>	<p>22 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 Scooby Snacks (HS) 1 G</p>	<p>23 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</p>	<p>24 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 –Orange Juice Cups 1 F HS - Scooby Snacks 1 G</p>	<p>25 E: Mozzarella Bread Sticks 2 MMA 2 G MS & HS: French Bread Pizza 2 MMA & 2 G Diced Pears 1 F Marinara Sauce 1/2 ROV Mixed Vegetables OV Graham Cracker Cookie 1/2 G</p>		
<p>28 Walking Taco 2 MMA, 1 1/2 G Cheddar Cheese 1/2 MMA Seasoned Green Beans OV Lettuce 1/2 OV Pineapple 1 F Sour Cream (MS/HS) Salsa 1/2 ROV Graham Cracker (HS) 1/2 G</p>	<p>29 Chicken Nuggets 2 MMA, 1 G Dinner Roll (MS & HS) 1 G Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce (MS & HS Only) Mandarin Oranges 1 F</p>	<p>30 Hot Ham & Cheese Pretzel Sandwich 2 1/2 MMA 2 G Baked Beans 1 BPL Crunchy Carrots 1 ROV Diced Peaches 1 F</p>	<p>31 Spaghetti & Meat Sauce 1 1/2 G, 1 ROV, 1 1/2 MMA Lettuce Salad with Dressing 1 OV Garlic Breadstick 1 G Applesauce 1 F Cottage Cheese 1 MMA</p>	<p>1 BBQ Rib Patty 2 MMA WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Sunshine Salad 1 F Cottage Cheese (MS & HS) 1 MMA Pickle & Onion Slices OV</p>		