

January 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 12/19/19

***** IF January 20th is needed for Snow Make-Up Day Menu will be posted in the online Announcements*****

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| <p>6 Bosco Sticks (Mozzarella Stuffed Bread Sticks) 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 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>9 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>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> |
| <p>13 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 Hashbrown Cubes 1 SV Assorted Fruit Juices 1 F</p> | <p>14 Mandarin Orange Chicken 2 MMA 1/4 G WG Brown Rice 2 G Peas & Carrots ¾ SV & ¼ ROV Bread & Butter (HS Only) 1 G Mixed Fruit 1 F</p> | <p>15 BBQ Chicken 2 MMA WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Pretty Pears 1 F Fruit Snack</p> | <p>16 Beef 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</p> | <p>17 Breaded Pork Loin 2 MMA ¾ G WG Bun E 1.5 G, M & H 2 G Great Green Beans 1 OV Cinnamon Apple Slices 1 F Pickle & Onion Slices OV</p> |
| <p>20 Martin Luther King Day NO SCHOOL or Snow Make Up Day (If Needed)</p> | <p>21 Mozzarella Breadsticks 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Diced Pears 1 F</p> | <p>22 Sloppy Joe 2 MMA WG Bun E 1.5 G, M & H 2 G Pickles OV Onion OV (MS & HS) Baked Beans 1 BPA Peaches 1 F</p> | <p>23 Teriyaki Chicken 2 MMA WG Brown Rice 2 G Peas & Carrots ¾ SV & ¼ ROV Graham Cracker (HS Only) 1 G Mixed Fruit 1 F</p> | <p>24 Breaded Chicken Patty 2 M 1 G WG Bun E 1.5 G, M & H 2 G Steamed Cauliflower 1 OV Applesauce 1 F Sidekick Slushie 1 F</p> |
| <p>27 Cheesy Beef Dip E 2 MMA, MS & HS 3 MMA WG Tortilla Chips 1 G Seasoned Green Beans 1 OV Pineapple 1 F Ultimate Choc. Chip Cookie 1 G</p> | <p>28 Chicken Drumstick 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>29 Hot Dog 2 MMA WG Hot Dog Bun 2 G Baked Beans 1 BPL Orange Smiles 1 F Scooby Snacks 1 G Cottage Cheese (MS & HS) 1 MMA</p> | <p>30 BBQ Shredded Pork 2 MMA WG Bun E 1.5 G, M & H 2 G Sweet Potato Fries 1 ROV Warm Cinnamon Apples 1 F</p> | <p>31 French Bread Pizza 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Diced Pears 1 F Sidekick Fruit Slushie 1 F</p> |