

May (Part 2) 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 5/1519

<p>20 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 Steamed Carrots 1 ROV (Elem) Corn Salsa 1 OV (MS & HS Only) Salsa ½ ROV Pineapple 1 F Whole Grain Tortilla Chips 1 G</p>	<p>21 Sausage, Egg, & Cheese Biscuit Egg Patty 1 MMA Sausage Patty 1 MMA American Cheese ½ MMA WG Biscuit 2 G Potato Wedges 1 SV Apple Slices 1 F</p>	<p>22 E: Grilled Chicken Breast 2 MMA MS & HS: Hamburger / Cheeseburger WG Bun E 1.5 G, M & H 2 G Baked Beans 1 BPL Fresh Strawberries 1 F</p>	<p>23 Mandarin Orange Chicken 2 MMA 1/4 G WG Brown Rice 2 G Peas & Carrots ¾ SV & ¼ ROV Pears 1 F</p>	<p>24 E: BBQ Rib Patty MS & HS: BBQ Rib Patty or Hamburger WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Mixed Fruit 1 F</p>
<p>27 Memorial Day No School!</p>	<p>28 Sloppy Joe 2 MMA WG Bun E 1.5 G, M & H 2 G Pickles OV Onion OV (MS & HS) Sweet Potato Fries 1 ROV TBA Fruit ☺ 1 F</p>	<p>29 BBQ Chicken 2 MMA WG Bun E 1.5 G, M & H 2 G Mashed Potatoes 1 SV TBA Fruit ☺ 1 F</p>	<p>30 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 Steamed Broccoli 1 DGV TBA Fruit ☺ 1 F</p>	<p>31 Mozzarella Bread Sticks 2 MMA 2 G Marinara Sauce 1/2 ROV Green Beans 1 OV TBA Fruit ☺ 1 F</p>
<p>3 E: Breaded Chicken Patty MS & HS: Cook's Choice WG Bun E 1.5 G, M & H 2 G TBA Vegetable TBA Fruit ☺ 1 F (Elementary Sack Lunch Day)</p>	<p>4 Sack Lunch - ALL Deli Turkey Sub 2 MMA WG Bun E 1.5 G, M & H 2 G Crunchy Vegetable Mix OV Applesauce Cups 1 F Doritos 1 G</p>	<p><i>Have a Safe & Wonderful Summer!</i></p> 		



Did you know The National School Lunch Program offers a Summer Food Service Program? Free meals to ALL children 18 and under, regardless of if/where a child is enrolled (Adults can eat for a small fee). No enrollment or paperwork necessary. Just show up at a Summer Food Service Program Site for a free meal.

To find a Summer Food Service Site near you – **Call:** 1-866-348-6479 or **Visit:** www.fns.usda.gov/summerfoodrocks or

Text: "Summer Meals" to 97779