

March Highland Lunch Menu

Elementary – Milk Choices – Skim or Chocolate Skim; Crunchy Carrots offered daily as a 2nd vegetable choice

Updated 2/28/18

Middle & High School –Milk Choices - Skim, 1%, or Chocolate Skim; Daily Garden & Fruit Bar

Middle School - PBJ Available as Daily Alternate Entree

High School –Alternate Hot Entrée Available Daily

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”

Did you know?

To make a lunch, students are required to take 3 components . . . one of the components has to be a serving of fruit or vegetable, the other 2 servings are students choice. So a student for example, on Monday, March 5 a student could choose to take an applesauce cup, the pulled pork, & the milk and pass on the bun, broccoli & Scooby Snack. It gets a little trickier for counting grains though, K-8 are only required to take 1 ounce of grain for it to count as a component where as 9-12 are required to take 2 ounces of grain for it to count as a component. So for K-8 Scooby Snacks, Broccoli, & Applesauce would be enough to qualify as a meal but that wouldn't qualify for 9-12. Students are not required to take a milk, the entrée, or a bun as long as they have enough other components on their tray. For students who don't care for milk they have the option of getting a glass of water to drink with their meal.

<p>5 Hamburger / Cheeseburger 2 / 2 ½ MMA WG Hamburger Bun 2 G Steamed Seasoned Broccoli DGV Pickles & Onion Slices OV Mixed Fruit F</p>	<p>6 Chicken Fajita 2 MMA WG Tortilla Shell 1 G Shredded Cheddar ½ MMA Roasted Peppers & Onions (MS & HS) Salsa ROV Corn Salsa OV Tortilla Chips 1 G Pineapple F</p>	<p>7 Chicken Tenders 2 MMA & 1 G Mashed Potatoes SV Sweet Corn SV Cheese Sauce Orange Smiles F Bread & Butter (HS) 1 G</p>	<p>8 Pulled Pork 2 MMA Whole Grain Bun 2 G Baked Beans BPL Warm Cinnamon Apples F Scooby Snack 1 G</p>	<p>9 Homemade Cheese Pizza 2 MMA & 2 G & 1/8 c ROV (Homemade Whole Grain Crust topped with zesty pizza sauce and a mix of mozzarella & cheddar cheese) Seasoned Green Beans OV Diced Peaches F Gripz 1 G</p>
<p>12 Chicken Patty 2 MMA & 1 G WG Bun 2 G Steamed Broccoli DGV Cool Applesauce Cups F Homemade Ranger Cookie</p>	<p>13 Beef Taco 2 MMA WG Wrap 1 G WG Tortilla Chips 1 G Bean Dip BPL Shredded Cheddar ½ MMA Salsa ½ ROV Lettuce OV Pineapple F Sour Cream (HS Only)</p>	<p>14 Elem Entrée: Shredded Beef 2MMA MS/HS Entrée: Choice of Sandwich 2MMA – selections will be posted WG Bun 2 G Pickle Slices OV Diced Onion (MS & HS) OV French Fries SV Diced Pears F</p>	<p>15 Chicken Teriyaki 2 MMA WG Brown Rice 1 G Mixed Peas & Carrots SV & ROV Orange Smiles F Bread & Butter (HS Only) 1 G</p>	<p>16 Whole Grain Spaghetti E-1G, MS/HS 1 ½ G Elem - Choice of Meat Sauce ¼ c ROV & 2 MMA or Garlic Butter Sauce MS & HS - Choice of Meat Sauce, ½ c ROV & 2 MMA, No Meat Sauce ¼ ROV or Garlic Butter Sauce Seasoned Green Beans OV Garlic Breadstick 1 G Diced Peaches F Cottage Cheese 1 MMA</p>
<p>19 Hamburger / Cheeseburger 2 / 2 ½ MMA WG Hamburger Bun 2 G Pickles & Onion Slices OV Baked Beans BPL Warm Cinnamon Apples F</p>	<p>20 Chicken Patty 2 MMA & 1 G WG Bun 2 G Cauliflower w/ Cheese Sauce OV Mixed Fruit F Sidekick Slushie F</p>	<p>21 Chicken Tenders 2 MMA & 1 G Mashed Potatoes SV Sweet Corn SV Cheese Sauce Diced Peaches F Bread & Butter (HS) 1 G</p>	<p>22 Italian Cavatini 2 MMA, 1 G, ¼ c ROV (Penne Pasta & Ground Beef in a Italian Inspired Tomato Sauce sprinkled with Mozzarella Cheese) Garlic Breadstick 1 G Steamed Broccoli DGV Pineapple F</p>	<p>23 Mozzarella Filled Breadstick Marinara Sauce ¼ c ROV Cottage Cheese 1 MMA Power Peas SV Pretty Pears F</p>
<p>26 Sausage, Egg, & Cheese on a WG Biscuit 1 MMA, 1 MMA, ½ MMA & 2 G Tator Tots SV Diced Peaches F</p>	<p>27 Taco Bake 2 ½ MMA & 1 G & ¼ C ROV Salsa ROV Steamed Green Beans OV Mixed Fruit F Cottage Cheese (MS & HS) 1 MMA Snack Crackers (MS & HS) 1 G</p>	<p>28 Turkey & Cheese Deli Wrap Elem – 1.5 MMA, ½ MMA, & 1 G MS & HS – 2 MMA, ½ MMA, & 1 G Baked Beans BPL Mixed Fruit F Homemade Ranger Cookie</p>	<p>29 NO SCHOOL!!</p>	<p>30 NO SCHOOL!!</p>