

March 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 2/22/19

<p>4 Beef Taco 2 MMA WG Tortilla Wrap 1 ½ G Shredded Cheddar ½ MMA Bean Dip 1 BPL WG Tortilla Chips 1 G Shredded Lettuce ½ OV Pineapple 1 F</p>	<p>5 Breaded Pork Tenderloin 2 MMA ¾ 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>6 Omelet with Cheese 2 MMA French Toast Sticks 1 MMA, 1 ½ G Sugar Free Maple Pancake Syrup Steamed Broccoli 1 DGV Mixed Fruit 1 F E & MS – Dragon Fruit Punch 1 F HS –Orange Juice Cups 1 F HS – Scooby Snacks</p>	<p>7 Mandarin Orange Chicken 2 MMA 1/4 G WG Brown Rice 2 G Peas & Carrots ¾ SV & ¼ ROV Peaches 1 F Bread & Butter (HS Only) 1 G</p>	<p>8 E & MS: Mozzarella Bread Sticks 2 MMA 2 G HS: French Bread Pizza 2 MMA & 2 G or Breaded Cheese Sticks 2 MMA 2 ¼ G Marinara Sauce 1/2 ROV Mixed Vegetables 1 OV Diced Pears 1 F</p>
<p>11 Chicken Taco 2 MMA WG Wrap 1 G Sour Cream (HS Only) WG Tortilla Chips 1 G Salsa ½ ROV Lettuce ½ OV E: Crunchy Carrots ¾ ROV Corn Salsa 1 OV (MS & HS Only) Shredded Cheddar ½ MMA Pineapple 1 F</p>	<p>12 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>13 BBQ Chicken 2 MMA WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Mixed Fruit 1 F</p>	<p>14 Huskie Hamburger 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese ½ MMA (MS & HS Only) Baked Beans 1 BPL Peaches 1 F Pickle & Onion Slices OV</p>	<p>15 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) Power Peas 1 SV Diced Pears 1 F Sidekick Slushie 1 F</p>
<p>18 Beef Taco 2 MMA WG Tortilla Wrap 1 ½ G Shredded Cheddar ½ MMA Bean Dip 1 BPL WG Tortilla Chips 1 G Shredded Lettuce ½ OV Peaches 1 F</p>	<p>19 Meatballs 2 MMA Elem – Garlic Bread Sticks 2 G MS & HS WG Bun 2 G Mozzarella Cheese ½ MMA Marinara Sauce (MS & HS) Cottage Cheese 2 MMA Green Beans 1 OV Applesauce 1 F</p>	<p>20 Chicken Fajita 2 MMA WG Tortilla Wrap 1 G Roasted Onions & Peppers (M & H) ½ OV Shredded Cheddar Cheese ½ MMA Lettuce ½ OV E: Crunchy Carrots ¾ ROV 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 OV WG Biscuit 2 G Potato Wedges 1 SV Apple Slices 1 F</p>	<p>22 Toasted Cheese Sandwich 2 MMA, 2 G HS Alt: Breaded Fish Square on WG Bun 2 MMA 1 G + 2 G Steamed Broccoli 1 DGV Diced Pears 1 F Sidekick Slushie 1 F</p>
<p>25 E & MS: Mozzarella Bread Sticks 2 MMA 2 G HS: French Bread Pizza 2 MMA & 2 G or Breaded Cheese Sticks 2 MMA 2 ¼ G Marinara Sauce 1/2 ROV Mixed Vegetables 1 OV Diced Pears 1 F</p>	<p>26 Sloppy Joe 2 MMA WG Bun E 1.5 G, M & H 2 G Pickles OV Onion OV (MS & HS) Steamed Broccoli 1 DGV Mandarin Oranges F</p>	<p>27 Breaded Chicken Patty 2 M 1 G WG Bun E 1.5 G, M & H 2 G Baked Beans 1 BPL Diced Peaches 1 F Sidekick Slushie 1 F</p>	<p>28 Chicken Drumstick 2 MMA ¾ G Dinner Roll 1 G Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce (MS & HS) HS: Graham Cracker ½ G Pineapple 1 F</p>	<p>29 Omelet with Cheese 2 MMA Rich's Cinnamon Roll 2 G Baked Beans 1 BPL Applesauce 1 F Dragon Punch 1 F</p>