

# March 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 2<sup>nd</sup> vegetable choice. **Middle & High School:** Veggie & Fruit Bar. **Middle & 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 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](mailto: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 2/25/2020**

<p><b>2 Chicken Fajita</b> 2 MMA WG Tortilla Wrap 1 1/2 G Roasted Onions &amp; 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><b>3 Sloppy Joe</b> 2 MMA WG Hot Dog Bun 2 G Baked Beans 1 BPL Sunshine Salad 1 F Cottage Cheese (MS &amp; HS) 1 MMA</p>	<p><b>4 Hamburger</b> 2 MMA WG Bun E 1.5 G, M &amp; H 2 G Sliced Cheese ½ MMA (MS &amp; HS) Potato Wedges 1 SV Orange Smiles 1 F</p>	<p><b>5 Meatballs</b> 2 MMA Garlic Breadsticks 2 G Mozzarella Cheese ½ MMA Marinara Sauce (MS &amp; HS) Cottage Cheese 2 MMA Great Green Beans 1 OV Diced Peaches 1 F</p>	<p><b>6 French Bread Pizza</b> 2 MMA &amp; 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Diced Pears 1 F Assorted Fruit Juices 1 F</p>
<p><b>9 Cheesy Beef Dip</b> E 2 MMA, MS &amp; HS 3 MMA MS &amp; HS Alt: Queso Dip 2 MMA WG Tortilla Chips 1 G Seasoned Green Beans 1 OV Mixed Fruit 1 F Wholegrain Carnival Cookie 1 G</p>	<p><b>10 Breaded Pork Loin Patty</b> 2 MMA ¾ G WG Bun E 1.5 G, M &amp; H 2 G Great Green Beans 1 OV Cinnamon Apple Slices 1 F Pickle &amp; Onion Slices OV</p>	<p><b>11 Taco Bake</b> 2 ½ MMA, 1 ½ G, ¼ ROV Salsa ½ ROV Sweet Corn 1 SV Garlic Breadstick 1 G (MS &amp; HS) Cottage Cheese (MS &amp; HS) 1 MMA Pineapple 1 F</p>	<p><b>12 Maid Rite</b> 2 MMA WG Bun E 1.5 G, M &amp; H 2 G Pickles OV Onion OV (MS &amp; HS) Cowboy Beans 1 BPL French Fries 1 SV Diced Pears 1 F</p>	<p><b>13 Omelet with Cheese</b> 2 MMA French Toast Sticks E &amp; M: 1 MMA, 1 ½ G, HS: 1 ¼ MMA, 2 G Sugar Free Maple Pancake Syrup Hash Brown Cubes 1 SV Assorted Fruit Juices 1 F</p>
<p><b>16 Beef Taco</b> 2 MMA WG Wrap 1 ½ 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><b>17 Chicken Nuggets</b> 2 MMA, 1 G Dinner Roll (MS &amp; HS) 2 G w/ Jelly or Margarine Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce (MS &amp; HS only) Peaches 1 F</p>	<p><b>18 Mandarin Orange Chicken</b> 2 MMA 1/4 G WG Brown Rice 2 G Peas &amp; Carrots ¾ SV &amp; ¼ ROV Bread &amp; Butter (HS Only) 1 G Mixed Fruit 1 F</p>	<p><b>19 Breaded Chicken Patty</b> 2 M 1 G WG Bun E 1.5 G, M &amp; H 2 G Steamed Green Beans 1 OV Applesauce 1 F</p>	<p><b>20 Mozzarella Breadsticks</b> 2 MMA &amp; 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Diced Pears 1 F Sidekick Slushies 1 F</p>
<p><b>23 Walking Taco</b> Doritos 1 ½ G Taco Meat 2 MMA Lettuce ½ OV Cheddar Cheese ½ MMA Bell Pepper Strips 1 OV Salsa ½ ROV Pineapple 1 F Sour Cream (MS &amp; HS) Assorted Crackers (HS) 1 G</p>	<p><b>24 Sausage, Egg, &amp; Cheese Biscuit</b> - 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><b>25 Hot Dog</b> 2 MMA WG Hot Dog Bun 2 G Baked Beans 1 BPL Peaches 1 F Cottage Cheese (MS &amp; HS) 1 MMA</p>	<p><b>26 BBQ Rib Patty</b> 2 MMA WG Bun E 1.5 G, M &amp; H 2 G Steamed Broccoli 1 DGV Sunshine Salad 1 F Cottage Cheese (MS &amp; HS) 1 MMA Pickle &amp; Onion Slices OV</p>	<p><b>27 Spaghetti &amp; Meat Sauce</b> Elem 1 G, 1 ROV, 1 ½ MMA; MS &amp; HS 1 ½ G, 1 ROV, 2 MMA <b>OR</b> Butter Sauce Celery &amp; Carrot Sticks ½ OV ½ ROV Garlic Breadstick 1 G Applesauce Cup 1 F Cottage Cheese 1 MMA (MS &amp; HS)</p>
<p><b>30 Chicken Fajita</b> 2 MMA WG Tortilla Wrap 1 1/2 G Roasted Onions &amp; 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><b>31 Chicken Nuggets</b> 2 MMA, 1 G Dinner Roll (MS &amp; HS) 2 G w/ Jelly or Margarine Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce (MS &amp; HS only) Peaches 1 F</p>	<p><b>1 Hamburger</b> 2 MMA WG Bun E 1.5 G, M &amp; H 2 G Sliced Cheese ½ MMA (MS &amp; HS) Baked Beans 1 BPL Mixed Fruit 1 F</p>	<p><b>2 Breaded Pork Loin Patty</b> 2 MMA ¾ G WG Bun E 1.5 G, M &amp; H 2 G Broccoli 1 DGV Cinnamon Apple Slices 1 F Pickle &amp; Onion Slices OV</p>	<p><b>3 Omelet with Cheese</b> 2 MMA French Toast Sticks E &amp; M: 1 MMA, 1 ½ G, HS: 1 ¼ MMA, 2 G Sugar Free Maple Pancake Syrup Hash Brown Cubes 1 SV Assorted Fruit Juices 1 F</p>