

May Highland Lunch Menu

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

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”

Updated 5/1/18

Did you know?



That 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

<p>7 Meatballs 2 MMA Elem - Garlic Breadstick 1 MMA MS & HS –WG Bun 2 MMA Spaghetti Sauce (MS & HS Only) Mozzarella Cheese ½ MMA Steamed Seasoned Broccoli DGV Cottage Cheese 1 MMA Applesauce F</p>	<p>8 Beef Taco 2 MMA WG Wrap 1 G Bean Dip BPL WG Tortilla Chips 1 G Shredded Cheddar ½ MMA Salsa ½ ROV Lettuce OV Pineapple F Sour Cream (HS Only)</p>	<p>9 Pork Tenderloin 2 MMA ¾ G WG Hamburger Bun 2 G Pickles OV Onion OV (MS & HS) Baked Beans BPL Diced Peaches F</p>	<p>10 BBQ Rib Patty 2 MMA WG Bun 2 G Tator Tots SV Diced Pears F</p>	<p>11 Chicken Patty 2 MMA & 1 G WG Bun 2 G Sweet Corn SV Mixed Fruit F Sidekick Slushie F</p>
<p>14 Mozzarella Filled Breadstick 2 MMA 2 G Marinara Sauce ¼ c ROV Cottage Cheese 1 MMA Steamed Broccoli DGV Pretty Peaches F</p>	<p>15 ELEM - Omelet w/ Cheese 2 MMA Biscuit 2 G & Jelly MS & HS –Sloppy Joes 2 MMA WG Bun 2 G Seasoned Green Beans OV Mandarin Oranges F</p>	<p>16 Chicken Patty 2 MMA & 1 G WG Bun 2 G Sweet Corn SV Mixed Fruit F Sidekick Slushie F</p>	<p>17 Pork Tenderloin 2 MMA ¾ G WG Bun 2 G Baked Beans BPL Orange Smiles F</p>	<p>18 Hamburger / Cheeseburger 2 / 2 ½ MMA WG Hamburger Bun 2 G Pickle & Onion Slices OV French Fries / Wedges SV Cool Applesauce F</p>
<p>21 ELEM – Chicken Patty 2 MMA & 1 G WG Bun 2 G MS & HS - French Bread Pizza 2 MMA & 2 G Cook’s Choice Vegetable Cook’s Choice Fruit</p>	<p>22 ELEM - BBQ Rib Patty 2 MMA MS & HS - Assorted Hot Sandwiches 2 MMA WG Bun 2 G Cook’s Choice Vegetable Cook’s Choice Fruit</p>	<p>23 ELEM – Pork Tenderloin 2 MMA ¾ G MS & HS - Assorted Hot Sandwiches 2 MMA WG Bun 2 G Cook’s Choice Vegetable Cook’s Choice Fruit</p>	<p>24 ELEM- Bosco Sticks 2 MMA 2 G Marinara Sauce 1/2 ROV MS & HS - Assorted Hot Sandwiches 2 MMA WG Bun 2 G Assorted Crisp Vegetables Applesauce Cups</p>	<p><i>Have a Safe & Wonderful Summer!</i></p> 