

November 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@highlandhuskies.org

ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Updated 10/23/18

Monday	Tuesday	Wednesday	Thursday	Friday
E: = Highland Elementary MS: = Middle School HS: = High School			1 Chicken Teriyaki 2 MMA WG Brown Rice 1 G Mixed Peas & Carrots $\frac{3}{4}$ SV $\frac{1}{4}$ ROV Frozen Mixed Berry Cups 1 F Bread & Butter (HS Only) 1 G	2 Hamburger 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese $\frac{1}{2}$ OV Steamed Carrots 1 ROV Mandarin Oranges 1 F Baked Chips Pickle & Onion OV
5 Chicken Taco 2 MMA WG Wrap 1.5 G Pineapple 1 F WG Tortilla Chips 1 G Salsa $\frac{1}{2}$ ROV Lettuce $\frac{1}{2}$ OV Bean Dip 1 BPL Sour Cream (HS) Shredded Cheddar $\frac{1}{2}$ MMA	6 Spaghetti & Meat Sauce Elem 1 G, 1/2 ROV, 1.5 MMA; MS/HS 1.5 G, 1 ROV, 2 MMA Cottage Cheese 1 MMA Lettuce Salad with Dressing 1 OV Garlic Breadstick 1 G Applesauce 1 F	7 Chicken Nuggets 2 MMA, 1 G Dinner Roll (MS & HS) 2 G Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce (MS & HS Only) Mandarin Oranges 1 F	8 E: Bosco Sticks 2 MMA 2 G MS & HS: French Bread Pizza 2 MMA & 2 G Marinara Sauce 1/2 ROV Mixed Vegetables OV Diced Pears 1 F Graham Cracker Cookie 1/2 G	9 Chicken Patty 2 MMA & 1 G WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Diced Peaches 1 F Sidekick Slushie 1 F
12 Walking Taco 2 MMA, 1 $\frac{1}{2}$ G Cheddar Cheese $\frac{1}{2}$ MMA Seasoned Green Beans OV Lettuce $\frac{1}{2}$ OV Pineapple 1 F Sour Cream (MS/HS) Salsa $\frac{1}{2}$ ROV Graham Cracker (HS) $\frac{1}{2}$ G	13 Grilled Chicken 2 MMA WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Sunshine Salad 1 F Pickle & Onion Slices OV	14 Hot Dog 2 MMA WG Hot Dog Bun 2 G Baked Beans 1 BPL Peaches 1 F Scooby Snacks 1 G Cottage Cheese (MS & HS) 1 MMA	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	16 Maid Rite 2 MMA WG Bun E 1.5 G, M & H 2 G Pickles OV Onion OV (MS & HS) French Fries 1 SV Mixed Fruit 1 F
19 Beef Taco 2 MMA WG Wrap 1.5 G Sour Cream (HS) WG Tortilla Chips 1 G Corn Salsa 1 OV (MS/HS) Salsa $\frac{1}{2}$ ROV E: Carrots $\frac{1}{2}$ ROV Shredded Cheddar $\frac{1}{2}$ MMA Lettuce $\frac{1}{2}$ OV Pineapple 1 F	20 Breaded Pork Tenderloin 2 MMA $\frac{3}{4}$ G WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Warm Cinnamon Apples (Elem) 1 F Apple Crisp (MS & HS) 1/2 F Seasonal Fresh Fruit (MS & HS) 1 F Pickle & Onion Slices OV	21 Hamburger 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese $\frac{1}{2}$ OV Baked Chips Seasoned Green Beans OV Mixed Fruit 1 F Pickle & Onion Slices OV	22 	23 No School!!
26 E: Chicken Teriyaki 2 MMA MS & HS: Mandarin Orange Chicken or Sweet Thai Chili Chicken 2 MMA 1/4 G Mixed Fruit 1 F WG Brown Rice 2 G Peas & Carrots $\frac{3}{4}$ SV & $\frac{1}{4}$ ROV Bread & Butter (HS Only) 1 G	27 Mini Corn Dogs 2 MMA 2 G Baked Beans 1 BPL Peaches 1 F Strawberry Yogurt E = 1 MMA, MS & HS = 1 $\frac{1}{2}$ MMA Scooby Snacks (HS) 1 G	28 BBQ Rib Patty 2 MMA WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Pears 1 F Cottage Cheese (MS & HS) 1 MMA Pickle & Onion Slices OV	29 Homemade Chili 1 ROV, 1 BPL, E & M 1 $\frac{1}{2}$ MMA, H 2 MMA Homemade WG Cinnamon Roll 2 G Shredded Cheddar $\frac{1}{2}$ MMA Crunchy Carrots & Celery w/ Ranch $\frac{1}{2}$ ROV & $\frac{1}{2}$ OV Crackers Applesauce 1 F	30 Chicken Fajita 2 MMA WG Wrap 1.5 G Roasted Onions & Peppers (MS/HS) $\frac{1}{2}$ OV Salsa 1 ROV Shredded Cheddar $\frac{1}{2}$ MMA Lettuce $\frac{1}{2}$ OV Pineapple 1 F Corn Salsa 1 OV (MS/HS) WG Tortilla Chips 1 G