

November 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: Menu Coordinating Condiments. Elementary: Crunchy Carrots offered as an 2nd vegetable choice.

Middle & High School: Veggie & Fruit Bar. **Middle School & 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.

****All students are required to take a minimum of 3 components to make a lunch, one component 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

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 10/15/19

<p>4 Taco Bake 2 ½ MMA, 1 G, ¼ ROV Salsa ½ ROV Sweet Corn 1 SV Cottage Cheese (MS & HS) 1 MMA Betty Crocker Oatmeal Bar (MS & HS) 1 ¼ G Pineapple 1 F</p>	<p>5 Sloppy Joe 2 MMA WG Bun E 1.5 G, M & H 2 G Pickles OV Onion OV (MS & HS) Sweet Potato Fries 1 ROV Peaches 1 F</p>	<p>6 Meatballs 2 MMA Garlic Breadsticks 2 G Mozzarella Cheese ½ MMA Marinara Sauce (MS & HS) Cottage Cheese 2 MMA Great Green Beans 1 OV Mixed Fruit 1 F</p>	<p>7 Sausage, Egg, & Cheese Biscuit Egg Patty 1 MMA Sausage Patty 1 MMA American Cheese ½ G WG Biscuit 2 G Potato Wedges 1 SV Apple Slices 1 F</p>	<p>8 E & MS: Mozzarella Breadsticks 2 MMA & 2 G Marinara Sauce 1/2 ROV H: Chef's Choice Steamed Broccoli 1 DGV Diced Pears 1 F</p>
<p>11 Chicken Nuggets 2 MMA, 1 G Dinner Roll (MS & HS) 2 G w/ Jelly or Margarine Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce (MS & HS only) Peaches 1 F</p>	<p>12 Maid Rite 2 MMA WG Bun E 1.5 G, M & H 2 G Pickles OV Onion OV (MS & HS) French Fries 1 SV Diced Pears 1 F</p>	<p>13 Omelet with Cheese 2 MMA French Toast Sticks E & M: 1 MMA, 1 ½ G, HS: 1 ¼ MMA, 2 G Sugar Free Maple Pancake Syrup Baked Beans 1 BPA Assorted Fruit Juices 1 F</p>	<p>14 Breaded Pork Loin 2 MMA ¾ G WG Bun E 1.5 G, M & H 2 G Great Green Beans 1 OV Pineapple 1 F Pickle & Onion Slices OV</p>	<p>15 BBQ Chicken 2 MMA WG Bun E 1.5 G, M & H 2 G H: Chef's Choice Steamed Broccoli 1 DGV Applesauce 1 F Sidekick Fruit Slushie 1 F</p>
<p>18 Chicken Taco 2 MMA WG Wrap 1 ½ G Sour Cream (HS) WG Tortilla Chips 1 G Salsa ½ ROV Corn Salsa 1 OV Shredded Cheddar ½ MMA Lettuce ½ OV Pineapple 1 F</p>	<p>19 Tator Tot Casserole 2 MMA & 1 SV Savory Ground Beef Mixed w/ Cream of Mushroom Soup & Sweet Corn, Topped w/ Cheese & Tator Tots! Rolly Polly Peas 1 SV Garlic Bread Stick E=1 G, MS & HS=2 G Cool Diced Peaches 1 F</p>	<p>20 Hot Dog 2 MMA WG Hot Dog Bun 2 G Baked Beans 1 BPL Orange Smiles 1 F Scooby Snacks 1 G Cottage Cheese (MS & HS) 1 MMA</p>	<p>21 Breaded Chicken Patty 2 M 1 G WG Bun E 1.5 G, M & H 2 G California Mixed Veggies 1 OV Applesauce 1 F Sidekick Slushie 1 F</p>	<p>22 French Bread Pizza 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Diced Pears 1 F</p>
<p>25 Cheesy Beef Dip E 2 MMA, MS & HS 3 MMA Taco seasoned ground beef mixed with melted cheese to make a delicious dip! WG Tortilla Chips 1 G Seasoned Green Beans 1 OV Pretty Peaches 1 F Betty Crocker Oatmeal Bar 1 G</p>	<p>26 BBQ Rib Patty 2 MMA WG Bun E 1.5 G, M & H 2 G Green Beans 1 OV Sunshine Salad 1 F Cottage Cheese (MS & HS) 1 MMA Pickle & Onion Slices OV</p>	<p>27 E: Turkey & Cheese 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese ½ MMA (MS & HS) Doritos 1 ½ G Crunchy Mixed Vegetables 1 OV Applesauce Cup 1 F MS & HS: Chef's Choice</p>	<p>28 Happy Thanksgiving!!! No School!!</p>	<p>29 No School!!!</p>