

October / November Highland Lunch Menu

Elementary – Milk Choices – Skim or Chocolate Skim
Middle & High School –Milk Choices - Skim, 1%, or Chocolate Skim
MS: Daily Garden, PBJ Available as Alternate Entree
HS: Daily Garden & Fruit Bar, Daily Alternate Entrée Available

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”

Did you know?

To meet the Nutritional Standards for the National School Lunch Program calorie counts for lunch average between 550-650 calories a day for Grades K-5; 600 – 700 calories a day for Grades 6-8; and 750-850 calories a day for Grades 9-12. These ranges are averaged over the typical 5 day school week so one day may have a few more calories and another a few less.

How do we achieve that? Portion sizes vary for different age groups, as well as Grades 6-12 are offered a Daily Garden Bar with choice of Salad Dressing; and Grades 9-12 are offered an additional serving of fresh or canned fruit. In addition, upper grades are also offered different or additional menu items to meet calorie, grain, or meat requirements as needed.

Monday	Tuesday	Wednesday	Thursday	Friday
16 Chili Homemade WG Cinnamon Roll Shredded Cheddar Cheese Crackers Crunchy Carrots Crunchy Celery Applesauce	17 Chicken Fajita WG Tortilla Shell Shredded Cheddar Roasted Peppers & Onions (MS & HS) Shredded Lettuce Salsa Corn Salsa Tortilla Chips Pineapple	18 Popcorn Chicken Mashed Potatoes Sweet Corn Cheese Sauce Crisp Apple Slices Bread & Butter (HS only)	19 Shredded Pork WG Bun Steamed Broccoli Crunchy Carrots Mixed Fruit	20 Hot Ham & Cheese on WG Pretzel Bun California Mixed Vegetables Crunchy Broccoli Diced Pears
23 Grilled Chicken Breast WG Hamburger Bun Steamed Seasoned Broccoli Sliced Crunchy Cucumbers Pretty Peaches Sidekick Slushie	24 Super Nachos Beef Taco Meat Cheese Sauce WG Tortilla Chips Bean Dip Shredded Lettuce Spanish Rice Pineapple	25 Omelet with Cheese French Toast Sticks Power Peas Crunchy Carrots Orange Smiles Gripz (HS Only)	26 Sloppy Joe WG Bun Seasoned Sweet Corn French Fries Cool Pears	27 Cheese Pizza Seasoned Green Beans Crunchy Carrots Mandarin Oranges Gripz
30 BBQ Rib Patty WG Bun Steamed Seasoned Broccoli Crunchy Carrots Sunshine Fruit Salad Fruit Snack	31 Beef Taco Shredded Cheddar Cheese Shredded Lettuce Diced Tomato Salsa WG Tortilla Wrap Tortilla Chips Pineapple	1 Chicken Nuggets Mashed Potatoes Sweet Corn Cheese Sauce Peaches Bread & Butter (HS Only)	2 Chicken Teriyaki WG Brown Rice Mixed Peas & Carrots Cool Pears Homemade Ranger Cookie Bread & Butter (HS Only)	3 Corn Dog Baked Beans Crunchy Carrots Rolly Polly Grapes Giant Cinnamon Goldfish