

October 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@highland.k12.ia.us

ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

Updated 9/21/18

Monday	Tuesday	Wednesday	Thursday	Friday
1 Breaded Pork Tenderloin 2 MMA $\frac{3}{4}$ G WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Sunshine Salad 1 F Pickle & Onion Slices OV	2 Walking Taco Doritos 1 $\frac{1}{2}$ G Taco Meat 2 MMA 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	3 Hot Dog 2 MMA WG Hot Dog Bun 2 G Steamed Power Peas 1 SV Peaches 1 F Scooby Snacks 1 G	4 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) Seasoned Green Beans 1 OV Diced Pears 1 F Sidekick Slushie 1 F	5 Huskie Hamburger 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese $\frac{1}{2}$ MMA Crunchy Carrots 1 ROV Apple Slices 1 F Baked Chips Pickle & Onion Slices OV
8 Chicken Taco 2 MMA WG Wrap 1 G Sour Cream (HS Only) WG Tortilla Chips 1 G Salsa $\frac{1}{2}$ ROV Corn Salsa 1 OV Shredded Cheddar $\frac{1}{2}$ MMA Lettuce $\frac{1}{2}$ OV Pineapple 1 F	9 Spaghetti & Meat Sauce 1 G, 1 ROV, 2 MMA Lettuce Salad with Dressing 1 OV Garlic Breadstick 1 G Applesauce 1 F Cottage Cheese 1 MMA Graham Cracker Cookie 1/2 G	10 Popcorn Chicken 2 MMA, 1 G Dinner Roll (MS & HS) 2 G Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce Pretty Peaches 1 F	11 French Bread Pizza 2 MMA & 2 G Marinara Sauce 1/2 ROV Seasoned Green Beans OV Diced Pears 1 F	12 No School!
15 Hot Dog 2 MMA WG Hot Dog Bun 2 G Baked Beans 1 BPL Peaches 1 F Strawberry Yogurt E = 1 MMA, MS & HS = 1 $\frac{1}{2}$ MMA	16 Chicken Patty 2 MMA & 1 G WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Cool Applesauce 1 F Sidekick Slushie 1 F	17 Beef Taco 2 MMA WG Wrap 1 G Sour Cream (HS Only) WG Tortilla Chips 1 G Corn Salsa 1 OV Salsa $\frac{1}{2}$ ROV Shredded Cheddar $\frac{1}{2}$ MMA Lettuce $\frac{1}{2}$ OV Pineapple 1 F	18 Chicken Nuggets 2 MMA, 1 G Dinner Roll (MS & HS) 2 G Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce Mandarin Oranges 1 F	19 Maid Rite 2 MMA WG Bun E 1.5 G, M & H 2 G Pickles OV Onion OV (MS & HS) French Fries SV Diced Pears F
22 Mandarin Orange Chicken 2 MMA 1/4 G HS Alt: Sweet Thai Chili Chicken WG Brown Rice 2 G Peas & Carrots $\frac{3}{4}$ SV & $\frac{1}{4}$ ROV Bread & Butter (HS Only) 1 G Mixed Fruit 1 F	23 Italian Cavatini (Penne Pasta & Ground Beef in a Italian Inspired Tomato Sauce sprinkled with Mozzarella Cheese) Garlic Breadstick 1 G Steamed Broccoli 1 DGV Pretty Peaches 1 F	24 Super Nachos Taco Meat 2 MMA Pineapple 1 F Whole Grain Tortilla Chips 1 G Bean Dip 1 BPL Cheese Sauce Shredded Lettuce $\frac{1}{2}$ OV Ultimate Choc. Chip Cookie 1 G	25 Sausage, Egg, & Cheese Biscuit Egg Patty 1 MMA Sausage Patty 1 MMA American Cheese $\frac{1}{2}$ OV WG Biscuit 2 G Potato Wedges 1 SV Apple Slices 1 F	26 BBQ Rib Patty 2 MMA WG Bun E 1.5 G, M & H 2 G Baked Beans 1 BPL Sunshine Salad 1 F Cottage Cheese (MS & HS) 1 MMA Pickle & Onion Slices OV
29 Chicken Fajita 2 MMA WG Tortilla Wrap 1 G Roasted Onions & Peppers (M & H) $\frac{1}{2}$ OV Shredded Cheddar Cheese $\frac{1}{2}$ MMA Lettuce $\frac{1}{2}$ OV Corn Salsa 1 OV Salsa $\frac{1}{2}$ ROV Pineapple 1 F Whole Grain Tortilla Chips 1 G	30 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	31 Ghoulish 1 G Garlic Frankenstein Finger 1 G Frog with Spider Webs 1 DGV Zombie Eyeballs 1 F Frozen Monster Mush	1 Chicken Teriyaki 2 MMA WG Brown Rice 1 G Mixed Peas & Carrots $\frac{3}{4}$ SV $\frac{1}{4}$ ROV Orange Smiles F Bread & Butter (HS Only) 1 G	2 Huskie 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 Slices OV