

October 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

****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 9/9/19

<p>30 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 Mandarin Oranges 1 F</p>	<p>1 Chicken Fajita 2 MMA WG Tortilla Wrap 1 1/2 G Roasted Onions & Peppers (M & H) ½ OV Shredded Cheddar Cheese ½ MMA Lettuce ½ OV Corn Salsa 1 OV Salsa ½ ROV Pineapple 1 F WG Tortilla Chips 1 G</p>	<p>2 Bosco Sticks 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Diced Pears 1 F Elf Graham Crackers 1 G</p>	<p>3 Spaghetti & Meat Sauce Elem 1 G, 1 ROV, 1 ½ MMA; MS & HS 1 ½ G, 1 ROV, 2 MMA Great Green Beans 1 OV Garlic Breadstick 1 G Peaches 1 F Cottage Cheese 1 MMA</p>	<p>4 Turkey & Cheese Sub Elem – 1.5 MMA, ½ MMA, & 2 G MS & HS – 2 MMA, ½ MMA, & 2 G Baked Beans 1 BPL Mixed Fruit 1 F Doritos 1 ½ G</p>
<p>7 Mandarin Orange Chicken 2 MMA 1/4 G WG Brown Rice 2 G Peas & Carrots ¾ SV & ¼ ROV Bread & Butter (HS Only) 1 G Applesauce Cup 1 F</p>	<p>8 Hamburger 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese ½ MMA (MS & HS) Steamed Green Beans 1 OV Peaches 1 F</p>	<p>9 Walking Taco Doritos 1 ½ G Taco Meat 2 MMA Lettuce ½ OV Cheddar Cheese ½ MMA Crunchy Carrots 1 ROV Pineapple 1 F Sour Cream (MS & HS) Assorted Crackers (HS) 1 G</p>	<p>10 Breaded Chicken Patty 2 M 1 G WG Bun E 1.5 G, M & H 2 G Sweet Corn 1 SV Diced Peaches 1 F Sidekick Slushie 1 F</p>	<p>11 Teriyaki Beef Dippers 2 MMA Steamed Broccoli 1 DGV Dinner Roll 2 G w/ Jelly or Margarine Diced Pears 1 F Ultimate Chocolate Chip Cookie 1 G</p>
<p>14 Mozzarella Breadsticks 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Diced Pears 1 F Sidekick Fruit Slushie 1 F</p>	<p>15 Cheesy Beef Dip *New!* 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>16 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 Pineapple 1 F</p>	<p>17 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 BPL Assorted Fruit Juices 1 F</p>	<p>18 No School!!!!</p>
<p>21 Teriyaki Chicken 2 MMA WG Brown Rice 2 G Steamed Broccoli 1 DGV Graham Cracker (HS Only) 1 G Mixed Fruit 1 F</p>	<p>22 Sausage, Egg, & Cheese Biscuit Egg Patty 1 MMA WG Biscuit 2 G Sausage Patty 1 MMA American Cheese ½ OV Potato Wedges 1 SV Apple Slices 1 F</p>	<p>23 Mini Corn Dogs E= 1.5 MMA & 1.5 G MS & HS = 2 MMA & 2 G Baked Beans 1 BPL Sunshine Salad 1 F Graham Crackers 1 G</p>	<p>24 Breaded Pork Loin 2 MMA ¾ G WG Bun E 1.5 G, M & H 2 G Great Green Beans 1 OV Mixed Fruit 1 F Pickle & Onion Slices OV</p>	<p>25 Hot Dog 2 MMA WG Hot Dog Bun 2 G Baked Beans 1 BPL Scooby Snacks 1 G Cottage Cheese (MS & HS) 1 MMA Applesauce 1 F</p>
<p>28 Chicken Taco 2 MMA WG Wrap 1 G Sour Cream (HS Only) WG Tortilla Chips 1 G Salsa ½ ROV Corn Salsa 1 OV Shredded Cheddar ½ MMA Lettuce ½ OV Pineapple 1 F</p>	<p>29 Meatballs 2 MMA Garlic Breadsticks 2 G Mozzarella Cheese ½ MMA Marinara Sauce (MS & HS) Cottage Cheese 1 MMA Steamed Broccoli 1 DGV Mixed Fruit 1 F</p>	<p>30 Grilled Chicken Patty 2 MMA WG Bun E 1.5 G, M & H 2 G Baked Beans 1 BPL Pretty Pears 1 F Sidekick Fruit Slushie 1 F</p>	<p>31 Spooky Nuggets 2 MMA 1 ¼ G Ghosts 1 SV Monster Goo (MS & HS only) Frankenstein's Toenails 1 SV Toadstools (MS & HS) w/ Toe Jam 2 G Swamp Slime 1 F</p>	<p>1 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>