

September 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 9/7/18

Healthy Hint:

Vary your fruit and vegetable selections each day to get the best variety of vitamins & nutrients! Make it a goal to walk on the wild side and try a new to you fruit or vegetable once a week. You just might discover a new favorite!

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 3 Labor Day – No School!! | 4 French Bread Pizza 2 MMA & 2 G Marinara Sauce 1/2 ROV Seasoned Power Peas 1 SV Pretty Peaches 1 F | 5 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 Ultimate Choc. Chip Cookie 1 G | 6 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 | 7 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 |
| 10 Rib Patty 2 MMA WG Bun E 1.5 G, M & H 2 G Baked Beans 1 BPL Diced Pears 1 F Fruit Snacks | 11 Pizza Bake 2 MMA, 1 G, ¼ ROV Garlic Breadstick 1 G Steamed Broccoli 1 DGV Frozen Strawberries 1 F | 12 Breaded Pork Tenderloin 2 MMA ¾ G WG Bun E 1.5 G, M & H 2 G Great Green Beans 1 OV+ Warm Cinnamon Apples (Elem) 1 F Apple Crisp (MS & HS) 1/2 F Seasonal Fresh Fruit (MS & HS) 1 F | 13 Omelet with Cheese 2 MMA French Toast Sticks 1 MMA, 1 ½ G Syrup Steamed Power Peas 1 SV Seasonal Fresh Fruit 1 F | 14 Popcorn Chicken 2 MMA 1 G Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce Pretty Peaches 1 F |
| 17 Mandarin Orange Chicken 2 MMA 1/4 G WG Brown Rice 2 G Steamed Peas & Carrots ¼ SV & ¼ ROV Bread & Butter (HS Only) 1 G Mixed Fruit 1 F | 18 Chicken Fajita 2 MMA WG Tortilla Wrap 1 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 Whole Grain Tortilla Chips 1 G | 19 Sausage, Egg & Cheese Burrito 2 MMA 1 G Hash Brown 1 SV Baked Beans 1 BPL Orange Smiles 1 F Scooby Snacks 1 G | 20 Super Nachos Beef Taco Meat 2 MMA Whole Grain Tortilla Chips 1 G Bean Dip 1 BPL Cheese Sauce Shredded Lettuce ½ OV Pineapple 1 F Ultimate Chocolate Chip Cookie 1 G | 21 Chicken Nuggets 2 MMA, 1 G Dinner Roll (MS & HS) 2 G Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce Pretty Peaches 1 F |
| 24 Huskie Hamburger WG Bun E 1.5 G, M & H 2 G Sliced Cheese ½ OV Steamed Carrots 1 ROV Sunshine Salad 1 F | 25 Italian Pasta Bake 2 MMA, ¾ G, .25 ROV Garlic Breadstick 1 G Steamed Broccoli 1 DGV Mixed Fruit 1 F | 26 Meatball Sub 2 MMA Elem – Garlic Bread Sticks 2 G MS & HS WG Bun 2 G Mozzarella Cheese ½ MMA Marinara Sauce (MS & HS) Cottage Cheese 2 MMA Great Green Beans 1 OV Diced Pears 1 F | 27 Mozzarella Breadsticks 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Sidekick Fruit Slushie 1 F Fresh Apple Slices 1 F | 28 Chicken Drumstick 2 MMA ¾ G Dinner Roll 2 G Mashed Potatoes 1 SV Sweet Corn 1 SV Cheese Sauce Pretty Peaches 1 F |

September Highland Elementary Breakfast Menu

To make a reimbursable meal students are required to choose a minimum of 3 points to make a meal.

1 points must be a fruit or a juice. Students may take all 5 points if desired.

Pop Tart – Low Fat Whole Grain. Choice of Strawberry, Brown Sugar Cinnamon, or Fudge **Pillsbury Creamy Cheese Bagel** – Whole Grain. Choice of Strawberry or Cinnamon. **Muffin** – Whole Grain. Choice of Blueberry or Double Chocolate

Juice – Choice of Orange, Apple, Strawberry Banana, or Grape **Milk** – Choice of Plain Skim, Chocolate Skim, or Strawberry Skim

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| | 4 Pop Tart 1 Point (1 Grain) Cheese Stick 1 Point (1 Meat / Meat Alternate) Fruit Cup 1 Point (1/2 c. Fruit) Juice 1 Point (1/2 c. Fruit) Milk 1 Point (1 Fluid Cup) | 5 Pillsbury Creamy Cheese Mini Bagel 2 Points (2 Grains) Fruit Cup 1 Point (1/2 c. Fruit) Juice 1 Point (1/2 c. Fruit) Milk 1 Point (1 Fluid Cup) | 6 Muffin 1 Point (1 Grain) Cheese Stick 1 Point (1 Meat / Meat Alternate) Fruit Cup 1 Point (1/2 c. Fruit) Juice 1 Point (1/2 c. Fruit) Milk 1 Point (1 Fluid Cup) | 7 Pop Tart 1 Point (1 Grain) Cheese Stick 1 Point (1 Meat / Meat Alternate) Fruit Cup 1 Point (1/2 c. Fruit) Juice 1 Point (1/2 c. Fruit) Milk 1 Point (1 Fluid Cup) |
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