

# September 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 2<sup>nd</sup> 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](mailto: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 9/4/19**

<b>9 Cheesy Skillet Omelet</b> 2 MMA WG Biscuit 2 G & Jelly / Margarine Tri Tators 1 SV Brown Sugar Carrots 1 ROV Orange Smile 1 F	<b>10 Breaded Chicken Patty</b> 2 M 1 G WG Bun E 1.5 G, M & H 2 G Baked Beans 1 BPL Diced Peaches 1 F Sidekick Slushie 1 F	<b>11 BBQ Rib Patty</b> 2 MMA WG Bun E 1.5 G, M & H 2 G Sweet Corn 1 SV Sunshine Salad 1 F Cottage Cheese (MS & HS) 1 MMA Pickle & Onion Slices OV	<b>12 Teriyaki Chicken</b> 2 MMA WG Brown Rice 2 G Peas & Carrots ¼ SV & ¼ ROV Graham Cracker (HS Only) 1 G Mixed Fruit 1 F	<b>13 French Bread Pizza</b> 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Diced Pears 1 F
<b>16 Hamburger</b> 2 MMA WG Bun E 1.5 G, M & H 2 G Sliced Cheese ½ MMA (MS & HS) Steamed Green Beans 1 OV Applesauce 1 F	<b>17 Chicken Taco</b> 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	<b>18 Hot Dog</b> 2 MMA WG Hot Dog Bun 2 G Baked Beans 1 BPL Peaches 1 F Scooby Snacks 1 G Cottage Cheese (MS & HS) 1 MMA	<b>19 Maid Rite</b> 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	<b>20 Meatballs</b> 2 MMA Garlic Breadsticks 2 G Mozzarella Cheese ½ MMA Marinara Sauce (MS & HS) Cottage Cheese 2 MMA Steamed Broccoli 1 DGV Mixed Fruit 1 F
<b>12 Super Nachos</b> Taco Meat 2 MMA Pineapple 1 F WG Tortilla Chips 1 G Bean Dip 1 BPL Cheese Sauce Shredded Lettuce ½ OV Ultimate Choc. Chip Cookie 1 G	<b>24 Tator Tot Casserole *New*</b> 2 MMA & 1 SV Savory Ground Beef Mixed with Cream of Mushroom Soup & Sweet Corn, Topped with Cheese & Tator Tots! Rolly Polly Peas 1 SV Garlic Bread Stick E=1 G, MS & HS=2 G Cool Diced Peaches 1 F	<b>25 BBQ Chicken</b> 2 MMA WG Bun E 1.5 G, M & H 2 G Steamed Broccoli 1 DGV Pretty Pears 1 F Fruit Snack	<b>26 Breaded Pork Loin</b> 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	<b>27 Sausage, Egg, &amp; Cheese Biscuit</b> Egg Patty 1 MMA Sausage Patty 1 MMA American Cheese ½ OV WG Biscuit 2 G Potato Wedges 1 SV Apple Slices 1 F
<b>30 Chicken Nuggets</b> 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	<b>1 Chicken Fajita</b> 2 MMA WG Tortilla Wrap 1 G Roasted Onions & Peppers (M & H) ½ OV Shredded Cheddar Cheese ½ MMA Lettuce ½ OV E: Crunchy Carrots ½ ROV Corn Salsa 1 OV (MS & HS Only) Salsa ½ ROV Pineapple 1 F Whole Grain Tortilla Chips 1 G	<b>2 Bosco Sticks</b> 2 MMA & 2 G Marinara Sauce 1/2 ROV Steamed Broccoli 1 DGV Diced Pears 1 F Elf Graham Crackers 1 G	<b>3 Spaghetti &amp; Meat Sauce</b> 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	<b>4 Turkey &amp; Cheese Sub</b> Elem – 1.5 MMA, ½ MMA, & 2 G MS & HS – 2 MMA, ½ MMA, & 2 G Celery & Ranch 1 OV Apple Slices 1 F Doritos 1 ½ G