



September / October Highland Lunch Menu

Elementary – Milk Choices – Skim or Chocolate Skim
 Middle & High School –Milk Choices - Skim, 1%, or Chocolate Skim
MS: Daily Garden & Fruit Bar, PBJ Combo 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"

Monday	Tuesday	Wednesday	Thursday	Friday
18 Chicken Patty on WG Bun Steamed Seasoned Broccoli Crunchy Carrots Rolly Polly Grapes	19 Chicken Taco WG Tortilla Shell WG Tortilla Chips Shredded Cheddar Shredded Lettuce Salsa Red Pepper Slices Diced Pears	20 Mozzarella Stuffed Breadsticks Pizza Sauce Seasoned Cauliflower Mixed Fruit Cottage Cheese	21 Ham & Potatoes Au Gratin Steamed Green Beans WG Dinner Roll Applesauce	22 Mandarin Chicken WG Brown Rice Steamed Peas & Carrots Mandarin Oranges Fruit Snack
25 Chicken & Noodles WG Dinner Roll Margarine Cup Saltine Crackers Steamed Carrots Crunchy Celery Diced Pears	26 Walking Taco Taco Meat Diced Tomato Lettuce Crunchy Carrots Shredded Cheddar Cheese Sour Cream (MS & HS) Diced Peaches Graham Cracker (HS)	27 Turkey, Ham, & Cheese Sub on WG Bun Shredded Lettuce Baked Beans Cheese Stick (Elem Only) Baked Chips (MS & HS Only) Orange Smiles	28 Spaghetti Lettuce Salad with Dressing Crunchy Broccoli Garlic Breadstick Sunshine Salad Cottage Cheese	29 Sausage Pancake Stick Sweet Corn Mashed Sweet Potatoes Applesauce Giant Cinnamon Goldfish Cheese Stick (MS & HS Only)
2 Turkey Hot Dog on WG Bun Baked Beans Cucumber Slices Red Grapes Strawberry Yogurt	3 Taco Bake Salsa Steamed Green Beans Shredded Lettuce Mixed Fruit Cottage Cheese	4 Chicken Nuggets Mashed Potatoes Sweet Corn Cheese Sauce Diced Peaches Bread & Butter (HS)	5 Omelet with Cheese Sausage Patty WG Biscuit Jelly Steamed Broccoli Crunchy Carrots Applesauce	6 Hamburger / Cheeseburger WG Hamburger Bun French Fries Grape Tomatoes Pickles & Onions Mandarin Oranges
9 Maid Rite on WG Bun Pickle Slices Diced Onion Baked Beans Crunchy Broccoli Diced Peaches	10 Sausage, Egg, & Cheese Burrito Crunchy Carrots Potato Wedges Applesauce	11 Meatball Sub on WG Hot Dog Bun Steamed Seasoned Broccoli Grape Tomatoes Fresh Apple Slices	12 Chicken Gravy over WG Angel Biscuit Sweet Corn Rolly Polly Peas Pineapple Fruit Snack	13 No School !