

November Highland Lunch Menu

Elementary – Milk Choices – Skim or Chocolate Skim

Middle & High School –Milk Choices - Skim, 1%, or Chocolate Skim

MS: Daily Garden, PBJ 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”

Did you know?

To meet the Nutritional Standards for the National School Lunch Program we are required to offer a variety of different vegetables each week. For K-8 we are required to offer $\frac{3}{4}$ of a cup per day; for 9-12 we are required to offer 1 cup per day. The vegetables are required to represent the different vegetable groups: Dark Green, Red/Orange, Beans/Peas (Legumes), Starchy, and Other.

Monday	Tuesday	Wednesday	Thursday	Friday
6 Sausage, Egg, & Cheese Egg Patty, Sausage Patty, American Cheese Homemade WG Angel Biscuit Cauliflower w/ Cheese Sauce Cool Celery Applesauce	7 Fiesta Rice Bowl Fiesta Rice Beef Taco Meat Shredded Cheddar Fiesta Salsa Salsa Red Bell Pepper Slices WG Tortilla Chips Mandarin Oranges	8 Ham & Cheese Wrap Sliced Deli Ham American Cheese WG Tortilla Wrap Baked Beans Crunchy Carrots Banana Graham Cracker (6-12)	9 Meatloaf WG Dinner Roll Mashed Potatoes Sweet Corn Peaches Butter Patty Giant Cinnamon Goldfish (6-12)	10 Pork Tenderloin WG Hamburger Bun Pickle & Onion Slices Cucumber Slices Steamed Broccoli Warm Cinnamon Apples (K-5) Apple Crisp (6-12) Mixed Fruit (6-12)
13 Grilled Chicken Breast WG Hamburger Bun Steamed Seasoned Broccoli Sliced Crunchy Cucumbers Pretty Peaches Sidekick Slushie	14 Chicken Taco Cheddar Cheese WG Tortilla Chips WG Tortilla Wrap Bean Dip Shredded Lettuce Salsa Sour Cream (HS Only) Pineapple	15 Omelet with Cheese Blueberry Muffin Power Peas Crunchy Carrots Orange Smiles Gripz (HS Only)	16 Mozzarella Filled Breadstick Pizza Sauce Steamed Seasoned Green Beans Fresh Apple Slices Cottage Cheese Sidekick Slushie (HS Only)	17 Hamburger Patty WG Bun Sweet Corn Crunchy Carrots Sunshine Fruit Salad Fruit Snack
20 Meatball Sub on WG Hot Dog Bun Steamed Seasoned Broccoli Grape Tomatoes Fresh Apple Slices Cottage Cheese	21 Chicken Taco WG Tortilla Shell WG Tortilla Chips Bean Dip Shredded Cheddar Shredded Lettuce Salsa Red Pepper Slices Diced Pears	22 Chicken Patty on WG Bun Steamed Seasoned Broccoli Crunchy Carrots Perky Pineapple Fruit Snack	23 No School!! 	24 No School!!