

November / December 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”

Updated 11/29/2017

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. Common Dark Greens are Broccoli, Spinach, and Romaine Lettuce. Common Starchy Vegetables are Sweet Corn, Green Peas, and Potatoes. Common Red & Orange Vegetables are Carrots, Red Peppers, Sweet Potatoes, and Tomatoes. Common Beans & Peas (Legumes) are Kidney Beans, Pinto Beans, & Garbanzo Beans. Common Other Vegetables are Cauliflower, Celery, Cucumbers, & Green Beans.

Monday	Tuesday	Wednesday	Thursday	Friday
27 No School!!!	28 Chicken Fajita WG Tortilla Shell Shredded Cheddar Roasted Peppers & Onions (MS & HS) Salsa Corn Salsa Tortilla Chips Pineapple	29 Popcorn Chicken Mashed Potatoes Sweet Corn Cheese Sauce Diced Peaches Bread & Butter (HS)	30 Weiner Wink Baked Beans Crunchy Carrots Diced Pears Gripz	1 Pulled Pork on WG Bun Whole Grain Bun French Fries Grape Tomatoes Pickles & Onions Mandarin Oranges
4 Chicken Patty Steamed Seasoned Broccoli Cucumber Slices Red Grapes Strawberry Yogurt	5 Sausage, Egg, & Cheese Burrito Baked Beans Potato Wedges Applesauce Graham Cracker (MS & HS)	6 Chicken Nuggets Mashed Potatoes Sweet Corn Cheese Sauce Diced Peaches Bread & Butter (HS)	7 Shredded Beef Whole Grain Bun Rolly Polly Peas Crunchy Carrots Mandarin Oranges	8 French Bread Pizza Marinara Sauce Great Green Beans Frozen Strawberry Cups Assorted Crackers (HS Only)
11 Hamburger / Cheeseburger WG Hamburger Bun Pickles & Onion Slices Baked Beans Crunchy Carrots Diced Peaches	12 Pork Tenderloin WG Hamburger Bun Pickle & Onion Slices Cucumber Slices Steamed Broccoli Warm Cinnamon Apples (K-5) Apple Crisp & Fresh Fruit (6-12)	13 Meatball Sub on WG Hot Dog Bun Steamed Seasoned Broccoli Grape Tomatoes Fresh Apple Slices Cottage Cheese	14 BBQ Rib Patty Whole Grain Hamburger Bun French Fries Crunchy Carrots Sunshine Fruit Salad Fruit Snack	15 Spaghetti Lettuce Salad with Dressing Crunchy Broccoli Garlic Breadstick Pineapple Cottage Cheese (HS only)
18 Chicken Nuggets Mashed Potatoes Sweet Corn Cheese Sauce Diced Peaches Bread & Butter (HS)	19 Walking Taco Taco Meat Doritos Diced Tomato Lettuce Crunchy Carrots Shredded Cheddar Cheese Sour Cream (MS & HS) Diced Pears Graham Cracker (HS)	20 Elementary: Taco Bake Salsa Steamed Green Beans Crunchy Carrots Mixed Fruit MS & HS – Cook’s Choice Will be posted on Menu Board	21 Elementary: Omelet with Cheese Sausage Patty Applesauce WG Biscuit Jelly Steamed Broccoli Assorted Crunchy Vegetables MS & HS – Cook’s Choice Will be posted on Menu Board	22 Elementary: Hot Dog WG Hot Dog Bun Baked Beans Assorted Crunchy Vegetables Mixed Fruit MS & HS – Cook’s Choice Will be posted on Menu Board