

January Highland Lunch Menu

Elementary – Milk Choices – Skim or Chocolate Skim; Crunchy Carrots offered daily as a 2nd vegetable choice

Middle & High School –Milk Choices - Skim, 1%, or Chocolate Skim; Daily Garden Bar

Middle School - PBJ Available as Alternate Entree

High School –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 1/12/18

Did you know?

To meet the Nutritional Standards for the National School Lunch Program we are required to offer a choice of milk for meals. To meet the nutritional needs at the elementary we offer Plain Skim or Chocolate Skim. At the Middle & High Schools we offer Plain Skim, Plain 1%, and Chocolate Skim. We do offer Plain Lactose-Free Milk to students who have a Diet Modification Form on file. To request a form, please email or call Rachel Cerny.

1 No School	2 No School	3 No School	4 Mozzarella Filled Breadsticks Marinara Sauce Cool Pears Mixed Peas & Carrots Sidekick Slushie	5 Popcorn Chicken Mashed Potatoes Sweet Corn Cheese Sauce Diced Peaches Garlic Breadstick (HS Only)
8 Pork Tenderloin WG Hamburger Bun Pickles & Onion Slices Baked Beans Diced Peaches	9 Chili Shredded Cheddar Homemade WG Cinnamon Roll Crackers Carrots & Celery with Ranch Applesauce	10 Meatball Sub on WG Bun Mozzarella Cheese Spaghetti Sauce (MS & HS Only) Steamed Seasoned Broccoli Fresh Apple Slices Cottage Cheese	11 Out before lunch due to ice	12 Cowboy Cavatini (Penne Pasta & Ground Beef in a Mexican Inspired Tomato Sauce sprinkled with Mozzarella Cheese) Garlic Breadstick Sweet Corn Pineapple
15 No School	16 Sausage, Egg, & Cheese Biscuit Egg Patty, Sausage Patty, American Cheese WG Biscuit Potato Wedges= Sunshine Salad	17 Omelet with Cheese French Toast Sticks Power Peas Orange Smiles Scooby Snacks (HS Only)	18 Mozzarella Filled Breadstick Marinara Sauce Cottage Cheese Steamed Green Beans Pretty Peaches Sidekick Slushie	19 Chicken Patty WG Bun Sweet Corn Mixed Fruit Homemade Ranger Cookie
22 Hamburger / Cheeseburger WG Hamburger Bun Pickle & Onion Slices Steamed Broccoli Warm Cinnamon Apples (K-5) Apple Crisp & Fresh Fruit (6-12)	23 Fiesta Rice Bowl Fiesta Rice Beef Taco Meat Shredded Cheddar Corn Salsa Salsa WG Tortilla Chips Mandarin Oranges	24 Chicken Nuggets Mashed Potatoes Sweet Corn Cheese Sauce Diced Peaches Bread & Butter (HS)	25 Chicken Taco WG Wrap WG Tortilla Chips Bean Dip Shredded Cheddar Salsa Lettuce Pineapple Sour Cream (HS Only)	26 Sloppy Joe WG Bun Pickle Slices Potato Wedges Onion (MS & HS) Cool Pears Fruit Slushie Seasoned Green Beans
29 BBQ Rib Patty Whole Grain Bun Steamed Seasoned Broccoli Sunshine Fruit Salad Fruit Snack	30 Sausage, Egg, & Cheese Burrito WG Wrap Tater Tots Applesauce Graham Cracker (MS & HS)	31 Turkey & Cheese Sub WG Bun Baked Beans Shredded Lettuce Baked Chips Orange Smiles	1 Taco Burger WG Bun Shredded Cheddar Cheese Corn Salsa WG Tortilla Chips Pretty Pineapple	2 Meatball Sub on WG Bun Spaghetti Sauce (MS & HS Only) Mozzarella Cheese Steamed Seasoned Broccoli Cottage Cheese Peaches