

# February Highland Lunch Menu

**Elementary – Milk Choices – Plain Skim or Chocolate Skim; Crunchy Carrots offered daily as a 2<sup>nd</sup> vegetable choice**

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

**Middle School - PBJ Available as Daily Alternate Entree**

**High School – Alternate Hot Entrée Available Daily**

**Nutritional Information is available upon request. Please contact Rachel Cerny, Nutrition Director, at [rcerny@highland.k12.ia.us](mailto:rcerny@highland.k12.ia.us)**

**ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE**

**“THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER”**

Updated 2/1/18

**Did you know? . . . . We offer breakfast every morning at both the elementary and the middle/high school? Elementary breakfast is offered in the gym and the students are offered a variety of cereals or Pop Tarts, crackers, juice, milk, and fruit cups. Elementary Student Meal \$1.55. Middle School and High School Students can grab breakfast at the high school kitchen before heading off to class in the morning, between classes, or during study hall up to 10 am. MS & HS Students are offered a variety of hot breakfast items, cereal, muffins, or Pop Tarts; crackers, juice, milk, and fresh fruit. MS & HS Students may purchase a meal (the best \$\$ value) or purchase items a la carte. MS & HS Student Meal \$1.65.**

<b>5 Hamburger / Cheeseburger</b> WG Hamburger Bun Pickle & Onion Slices Seasoned Steamed Broccoli Mixed Fruit	<b>6 Chicken Fajita</b> WG Tortilla Shell Shredded Cheddar Roasted Peppers/Onions (MS/HS) Salsa    Corn Salsa Tortilla Chips    Pineapple Sour Cream (HS Only)	<b>7 Chicken Tenders</b> Mashed Potatoes Sweet Corn    Cheese Sauce Applesauce Bread & Butter (HS)	<b>8 Chicken Teriyaki</b> WG Brown Rice Mixed Peas & Carrots Orange Smiles Goldfish Crackers Bread & Butter (HS Only)	<b>9 Maid Rite on WG Bun</b> Pickle Slices Diced Onion French Fries Baked Beans Diced Pears
<b>12 BBQ Rib Patty</b> Whole Grain Bun Steamed Seasoned Broccoli Warm Cinnamon Apples (K-5) Apple Crisp & Fresh Fruit (6-12)	<b>13 Chicken Taco</b> WG Wrap WG Tortilla Chips    Bean Dip Shredded Cheddar    Salsa Lettuce    Pineapple Sour Cream (HS Only)	<b>14 Spaghetti &amp; Meat Sauce</b> Lettuce Salad with Dressing Garlic Breadstick Applesauce    Cottage Cheese Graham Cracker Cookie	<b>15 Sloppy Joe</b> WG Hamburger Bun Pickle & Onion Slices French Fries Pears	<b>16 NO SCHOOL !!</b>
<b>19 NO SCHOOL !!</b>	<b>20 Popcorn Chicken</b> Mashed Potatoes Sweet Corn    Cheese Sauce Diced Peaches Bread & Butter (HS)	<b>21 Chicken Fajita Rice Bowl</b> Fiesta Rice    Fajita Chicken Shredded Cheddar Corn Salsa    Salsa WG Tortilla Chips Orange Smiles	<b>22 Italian Cavatini</b> (Penne Pasta & Ground Beef in a Italian Inspired Tomato Sauce sprinkled with Mozzarella Cheese) Garlic Breadstick Steamed Seasoned Broccoli Pineapple	<b>23 Omelet with Cheese</b> French Toast Sticks Steamed Seasoned Green Beans Scooby Snacks (HS Only) Applesauce Blueberry Yogurt
<b>26 Pork Tenderloin</b> WG Hamburger Bun Pickles & Onion Slices Steamed Seasoned Power Peas Diced Peaches	<b>27 Chili</b> Shredded Cheddar Homemade WG Cinnamon Roll Crackers Carrots & Celery with Ranch Applesauce	<b>28 Meatball Sub</b> on WG Bun Spaghetti Sauce (MS & HS Only) Mozzarella Cheese Steamed Seasoned Broccoli Fresh Apple Wedges	<b>1 Turkey &amp; Cheese Deli Sandwich</b> Sweet Corn Pear Slices Baked Chips Graham Cracker Cookie (MS & HS)	<b>2 Mozzarella Filled Breadstick</b> Marinara Sauce Cottage Cheese Steamed Green Beans Pineapple Sidekick Slushie