

April 2017

Mon	Tue	Wed	Thu	Fri
<p>Highland Community Schools is an Equal Opportunity Provider. ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE.</p> <p>Nutritional information is available upon request. Please contact Rachel Cerny, Food & Nutrition Director at rcerny@highland.k12.ia.us.</p> <p>Skim & Chocolate Skim Milk are served at both elementary schools. Skim, 1%, and Chocolate Skim are served at the Middle & High Schools. Milk is offered at every meal but students do not have to take milk if they choose not to. The student must take a minimum of three items and one of those items must be a ½ cup serving of fruit or vegetable. Water glasses are available in the cafeteria for students if they wish.</p> <p>Middle & High School students have the option of fresh vegetables from the Garden Bar daily. High School students have the option of a piece of whole fruit from the Fruit Bowl. Middle School students have the option of PB Jamwiches as an alternate entrée. High School students have a daily hot alternate choice or a PB Jamwich combo as an alternate entrée.</p>				
<p>3 Elementary Menu – Sack Lunch PBJ Jamwich Crunchy Carrots & Cool Cucumber Slices Ranch Dipping Sauce Applesauce Cup Cheese Stick</p> <p>Middle School & High School Hamburger or Cheeseburger WG Bun Baked Chips Cucumber Slices Crunchy Carrots Applesauce</p>	<p>4 Hot Dog WG Bun Mac & Cheese Steamed Broccoli Cherry Tomatoes Pretty Pears</p>	<p>5 Popcorn Chicken Mashed Potatoes Sweet Corn Cheese Sauce Peaches Breadstick (MS & HS)</p>	<p>6 Sausage, Egg, & Cheese WG Angel Biscuit Baked Beans Celery & Ranch Orange Smiles Breakfast Crackers</p>	<p>7 Cheese Lasagna Rollup Lettuce Salad w/ Ranch Crunchy Carrots Garlic Breadstick Pineapple Cottage Cheese</p>
<p>10 BBQ Pork Rib Patty WG Bun Sweet Corn Cherry Tomatoes Diced Peaches Fruit Rollup</p>	<p>11 Chic' Penne (Chicken, Penne Pasta, & Broccoli smothered in a mozzarella / cheddar cheese sauce) Romaine Salad w/ Ranch Cool Cucumber Slices Garlic Breadstick Mandarin Oranges</p>	<p>12 Meatball Subs WG Bun Mozzarella Cheese Spaghetti Sauce (MS & HS) Green Beans Crunchy Carrots (K-5) Cottage Cheese Pineapple</p>	<p>13 Chicken Teriyaki WG Brown Rice Steamed Peas Steamed Carrots Pretty Pears Homemade Cookie Garlic Breadstick (MS & HS)</p>	<p>14 No School</p>
<p>17 No School</p>	<p>18 Pork Tenderloins WG Hamburger Bun Cool Cucumbers California Mix Warm Cinnamon Apples (K-5) Apple Crisp (6-12)</p>	<p>19 Deli Turkey Wraps Turkey & Cheese WG Tortilla Wrap Shredded Lettuce Ranch / Mayo Baked Beans Crunchy Carrots Baked Chips Perky Pineapple</p>	<p>20 Homemade Ham & Mac Casserole (Ham & Macaroni in a Cheddar Cheese Sauce, topped with golden crunchy breadcrumbs) Steamed Broccoli Cherry Tomatoes Diced Pears Garlic Breadstick (HS)</p>	<p>21 Chicken Patty WG Bun Cauliflower with Cheese Sauce Crunchy Carrots Pretty Peaches Fruit Slushy</p>
<p>24 Hamburger / Cheeseburger WG Bun Seasoned Green Beans French Fries Cool Pears Fruit Roll-up</p>	<p>25 Taco WG Tortilla Salsa Shredded Lettuce Shredded Cheddar Fiesta Salsa WG Tortilla Chips Crunchy Carrots Perky Pineapple</p>	<p>26 Chicken Nuggets Mashed Potatoes Sweet Corn Cheese Sauce Mandarin Oranges Bread & Butter (MS & HS)</p>	<p>27 Sloppy Joe WG Bun Steamed Broccoli Cherry Tomatoes Fresh Apple Slices Homemade Cookie</p>	<p>28 Weiner Winks Baked Beans Crunchy Carrots Baked Chips Perfect Peaches Scooby Snacks (MS & HS)</p>