



December 2016

Highland Community School District

All Meals Served with Choice of Milk: Skim, 1%, or Chocolate Skim

MS: Daily Garden Bar

HS: Daily Garden Bar & Fresh Fruit Bowl, Alternate Entrée available all week.

Nutritional Information is available upon request. Please contact

Rachel Cerny, Food & Nutrition Director, rcerny@highland.k12.ia.us

"THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER" ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE

			1 Homemade Cheese Pizza Spinach & Romaine Salad Crunchy Carrots (K-5 only) Broccoli (MS & HS Only) Mandarin Oranges Gripz	2 Chicken Noodle Soup WG Crackers WG Breadstick Steamed Carrots Crunchy Celery Perfect Peaches
5 Grilled Chicken Breast WG Hamburger Bun Crunchy Carrots Baked Beans Diced Peaches Homemade Ranger Cookie	6 Chili Shredded Cheese Homemade Cinnamon Roll WG Crackers Applesauce Crunchy Carrots & Celery Seasonal Fruit (MS & HS)	7 Shredded Beef WG Hamburger Bun Mashed Potatoes Cheese Sauce Sweet Corn Orange Slices	8 Chicken Fajitas WG Tortilla Wrap Shredded Lettuce Shredded Cheddar Fiesta Salsa WG Tortilla Chips Salsa Diced Pears	9 Maid Rites WG Hamburger Bun French Fries Broccoli Mandarin Oranges
12 Hot Dog Baked Beans Crunchy Carrots Baked Chips Diced Pears Homemade Ranger Cookie	13 Creamed Chicken Gravy WG Angel Biscuit Steamed Peas Sweet Corn Pineapple Assorted Crackers (MS & HS)	14 Chicken Taco WG Tortilla Wrap Shredded Lettuce Shredded Cheddar Fiesta Salsa WG Tortilla Chips Salsa Pineapple	15 Meatball Sub Shredded Mozzarella WG Hoagie Bun Broccoli Peachy Peaches Cottage Cheese	16 Hamburger Cheese Slice WG Hamburger Bun French Fries Cherry Tomatoes Orange Smiles
19 Popcorn Chicken Mashed Potatoes Sweet Corn Cheese Sauce Pretty Peaches WG Breadstick (HS)	20 Teriyaki Chicken WG Brown Rice Steamed Peas Steamed Carrots Diced Pear Homemade Sugar Cookie	21 Hot Ham & Cheese Pretzel Roll Broccoli Assorted Fresh Veggies Mixed Fruit	22 Sack Lunch! Turkey & Cheese Sub Carrots & Celery Bites Baked Chips Fruit Slushy Yogurt (6-12); Fruit Cup (6-12)	23 No School! Winter Break!! December 23 – January 3
January 2 No School! Winter Break!!	3 No School! Winter Break!!	4 Chicken Nuggets Mashed Potatoes Cheese Sauce Sweet Corn Mixed Fruit Bread & Butter (HS)	5 Super Nachos Taco Meat WG Tortilla Chips Cheese Sauce Shredded Lettuce Refried Beans Pineapple	6 Spaghetti WG Breadstick Spinach & Romaine Salad Salad Dressing Crunchy Carrots Pretty Peaches

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