

Highland Community School District February 2017

Mon	Tue	Wed	Thu	Fri
		1 Chicken Nuggets Mashed Potatoes Sweet Corn Cheese Sauce Pretty Peaches Bread & Butter (HS Only)	2 Chili Shredded Cheese Homemade Cinnamon Roll WG Crackers Applesauce Crunchy Carrots & Celery Seasonal Fruit (MS & HS Only)	3 Maid Rites WG Hamburger Bun French Fries Broccoli Mandarin Oranges Fruit Roll-up
6 Teriyaki Chicken WG Brown Rice Steamed Peas Steamed Carrots Diced Pears Homemade Cookie	7 Meatball Sub / WG Bun Shredded Mozerella Steamed Green Beans Frozen Fruit Salad Cottage Cheese Graham Cracker (HS Only)	8 Chicken Patty WG Hamburger Bun Crunchy Carrots Broccoli & Cheese Peachy Peaches Fruit Slushy	9 Super Nachos Taco Meat Cheese Sauce WG Tortilla Chips Shredded Lettuce Carrots Refried Beans Pineapple Fiesta Rice (HS Only)	10 NO SCHOOL
13 Pork Tenderloin WG Hamburger Bun California Blend Vegetables Sliced Cucumbers Warm Apples (K-5) Apple Crisp (6-12)	14 Chicken Tetrazini Steamed Peas Steamed Corn Homemade WG Dinner Roll Diced Pears	15 BBQ Pork Patty WG Hamburger Bun Baked Chips Baked Beans Crunchy Carrots Applesauce	16 Spaghetti WG Breadstick Steamed Broccoli Pineapple Tidbits Wiggly Jiggly Jello	17 Homemade Cheese Pizza Spinach & Romaine Salad Ranch or French Dressing Crunchy Carrots Mandarin Oranges Gripz
20 NO SCHOOL	21 Taco WG Tortilla Wrap Shredded Cheddar Cheese Shredded Lettuce Fiesta Salsa WG Tortilla Chips Pineapple	22 Popcorn Chicken Mashed Potatoes Sweet Corn Cheese Sauce Pretty Peaches Bread & Butter (HS Only)	23 Sausage, Egg, & Cheese WG Homemade Angel Biscuit Tri Tators Crunchy Carrots Cool Applesauce Breakfast Crackers (MS & HS)	24 Beef Taco Bake Sweet Corn Shredded Lettuce Diced Pears Cottage Cheese WG Breadstick (HS Only)
27 Hamburger Cheese Slice WG Hamburger Bun French Fries Cherry Tomatoes Orange Smiles Yogurt	28 Ham & Potato Au'Gratin Homemade WG Dinner Roll Great Green Beans Frozen Fruit Salad Wiggly Jiggly Jello Scooby Snacks (HS Only)	Highland Community School District is an Equal Opportunity Provider. All Menus subject to change without notice. Nutritional information is available upon request. Please contact Rachel Cerny, Food & Nutrition Director, rcerny@highland.k12.ia.us . Skim & Chocolate Skim Milk are served at the Elementaries. Skim, 1%, & 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. Middle & High School students have the option of fresh vegetables from the Garden Bar daily. High School students also have the option of a piece of whole fruit from the Fruit Bowl. High School students have a daily alternate entrée choice or a PJB combo as an alternate entrée.		