

Highland Community School District Lunch Menu - March 2017

<p>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 Elementarys. 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. Middle School Students Daily: Garden Bar & PBJ as an alternate entrée. High School Students Daily: Garden Bar, Fresh Fruit Bowl, Alternate Hot Entrée Choice, PBJ Combo Alternate Entrée.</p>				
	<p>1 Mozzarella Filled Breadsticks Pizza Dipping Sauce Broccoli Romaine Salad Choice of Ranch or French Dressing Perky Pineapple</p>	<p>2 Deli Turkey & Cheese Sub Shredded Lettuce Cucumber slices Baked Beans Baked Chips Smooth Applesauce</p>	<p>3 Skillet Omelet Sausage Patty (MS & HS only – optional) WG Angel Biscuit w/ Margarine or Jelly Crunchy Carrots Sweet Corn Orange Smiles Scooby Snacks Strawberry Yogurt (HS only)</p>	
<p>6 Pulled Pork WG Hamburger Bun Cauliflower & Cheese Cucumber Slices Perky Pineapple Homemade Cookie</p>	<p>7 Teriyaki Chicken WG Brown Rice Steamed Green Peas Steamed Carrot Coins Pretty Peaches Cottage Cheese</p>	<p>8 Chicken Patty WG Hamburger Bun Baked Beans Crunchy Carrots Fruit Slushy Mixed Chilled Fruit</p>	<p>9 Creamed Turkey Gravy WG Homemade Angel Biscuit Steamed Peas Mashed Potatoes Orange Smiles Fruit by the Foot</p>	<p>10 Homemade Cheese Pizza Lettuce Salad with Choice of Ranch or French Dressing Steamed Broccoli Cool Pears Gripz</p>
<p>13 Taco WG Tortilla Wrap Shredded Cheddar Cheese Shredded Lettuce Salsa WG Tortilla Chips Fiesta Salsa (MS & HS) Sliced Red Bell Peppers Pineapple</p>	<p>14 Sausage, Egg, & Cheese Burrito WG Tortilla Shell Salsa Tator Tots Carrots with Ranch Strawberry Cups Scooby Snack (MS & HS)</p>	<p>15 Chicken Nuggets Mashed Potatoes Sweet Corn Cheese Sauce Pretty Peaches Bread & Butter (HS only) Leprechaun Surprise</p>	<p>16 NO SCHOOL – SPRING BREAK</p>	<p>17 NO SCHOOL – SPRING BREAK</p>
<p>20 Hot Dogs WG Hot Dog Bun Baked Beans Crunchy Carrots Baked Chips Cool Pears Breadstick (HS only)</p>	<p>21 Orange Chicken WG Brown Rice Mixed Steamed Peas & Carrots Tiny Tomatoes Mandarin Oranges Wiggly Jiggly Jello Bread & Butter (HS Only)</p>	<p>22 Meatball Hero Mozzarella Cheese Spaghetti Sauce (MS & HS Only) WG Bun Crunchy Carrots (K-5) Steamed Broccoli Pretty Peaches Cottage Cheese Graham Cracker</p>	<p>23 Fajita Chicken WG Tortilla Wrap Red Pepper Strips Sliced Red Onion Caramelized Peppers & Onions (MS & HS) Shredded Lettuce Salsa Shredded Cheddar Cheese Tortilla Chips Pineapple</p>	<p>24 Skillet Omelet Sausage Patty (MS & HS – Optional) Blueberry Muffin Strawberry Yogurt Crunchy Carrots Cool Cucumber Slices Orange Smiles Scooby Snack (MS & HS)</p>
<p>27 Grilled Chicken Breast WG Hamburger Bun Baked Beans Sliced Red Bell Peppers Baked Chips Mandarin Orange</p>	<p>28 Chili Homemade WG Cinnamon Roll Shredded Cheddar Cheese Celery & Carrots with Ranch WG Crackers Cool Pears Seasonal Fruit (MS & HS only)</p>	<p>29 Walking Taco Shredded Lettuce Shredded Cheddar Cheese Salsa Sweet Corn Bread Stick Pineapple</p>	<p>30 BBQ Pork Patties WG Hamburger Bun Steamed Broccoli Cool Cucumber Slices Pretty Peaches</p>	<p>31 Cheese Stromboli Pizza Dipping Sauce Lettuce Salad with Choice of Ranch or French Dressing Crunchy Carrots Cottage Cheese Applesauce</p>