



January 2017

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 & PBJ Daily

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

Revised 1/4/2017

<p>2 No School</p>	<p>3 No School</p>	<p>4 Chicken Nuggets Mashed Potatoes Cheese Sauce Sweet Corn Mixed Fruit Bread & Butter (HS)</p>	<p>5 Super Nachos Taco Meat WG Tortilla Chips Cheese Sauce Shredded Lettuce Refried Beans Pineapple</p>	<p>6 Spaghetti WG Breadstick Spinach & Romaine Salad Salad Dressing Crunchy Carrots Pretty Peaches</p>
<p>9 Chicken Patty WG Hamburger Bun Crunchy Carrots Broccoli & Cheese Diced Pears</p>	<p>10 Chili Shredded Cheese Homemade Cinnamon Roll WG Crackers Applesauce Crunchy Carrots & Celery Seasonal Fruit (MS & HS)</p>	<p>11 Maid Rites WG Hamburger Bun French Fries Cherry Tomatoes Pineapple Chunks Fruit Roll-up</p>	<p>12 Beef Taco Bake Sweet Corn Shredded Lettuce Diced Pears Cottage Cheese WG Breadstick (HS only)</p>	<p>13 Pork Tenderloin WG Bun California Blend Veggies Sliced Cucumbers Warm Apples (K-5) Apple Crisp (6-12)</p>
<p>16 No School</p>	<p>17 Teriyaki Chicken WG Brown Rice Steamed Peas Steamed Carrots Diced Pear Homemade Cookie</p>	<p>18 Popcorn Chicken Baked Beans Crunchy Carrots Pretty Peaches Baked Chips Bread Stick (HS only)</p>	<p>19 Egg & Cheese Omelet Sausage Patty (HS Only) WG Angel Biscuit Jelly Tri Tators Crunchy Carrots Diced Pears</p>	<p>20 Chicken Fajita w/WG Wrap Shredded Cheese Lettuce / Red Bell Pepper Strips WG Tortilla Chips Salsa (K-5) Fiesta Salsa (6-12) Pineapple</p>
<p>23 Hamburger Cheese Slice WG Hamburger Bun French Fries Cherry Tomatoes Orange Smiles</p>	<p>24 Citrus Chicken WG Brown Rice Rolly Polly Peas Steamed Carrots Mandarin Oranges Wiggly Jiggly Jello</p>	<p>25 Meatball Sub Shredded Mozzarella WG Hoagie Bun Broccoli Peachy Peaches Cottage Cheese Graham Cracker (HS only)</p>	<p>26 Homemade Cheese Pizza Spinach & Romaine Salad Ranch or French Broccoli Mandarin Oranges Gripz</p>	<p>27 Hot Ham & Cheese WG Pretzel Bun Baked Beans Lettuce Salad Pineapple</p>
<p>30 Hot Dog Baked Beans Crunchy Carrots Baked Chips Diced Pears Homemade Ranger Cookie</p>	<p>31 Ham & Potato Au 'gratin Homemade WG Roll Green Beans Fruit Slushy Scooby Snacks (HS only)</p>	<p>1 Chicken Nuggets Mashed Potatoes Sweet Corn Cheese Sauce Pretty Peaches Bread & Butter (HS)</p>	<p>2 Chili Shredded Cheese Homemade Cinnamon Roll WG Crackers Applesauce Crunchy Carrots & Celery Seasonal Fruit (MS & HS)</p>	<p>3 Maid Rites WG Hamburger Bun French Fries Broccoli Mandarin Oranges Blueberry Bar</p>