

# Highland Community School District

## May 1 to 12, 2017

Highland Community School District is an Equal Opportunity Provider. All Menus subject to change without notice. Nutritional information is available upon request. Per National Guidelines daily lunches average between 550-650 calories for K-5, 600-700 calories for 6-8, and 750-850 for 9-12. Please contact Rachel Cerny, Food & Nutrition Director at [rcerny@highland.k12.ia.us](mailto:rcerny@highland.k12.ia.us) for further information.

K-5 have the choice of Skim or Chocolate Skim Milk. 6-12 have the choice of Skim, 1%, or Chocolate Skim Milk. Milk is offered at every meal but students do not have to take a 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: Fresh Vegetables from the Garden Bar & PBJ as an alternate entrée. High School Students Daily: Garden Bar, Fresh Fruit Bowl, Alternate Hot Entrée Choice, PBJ Combo Alternate Entrée.

**Coming Soon . . . Watch for the May 15 to 25 Menu!**

### Summer Meal Site Information!



Call the United Way 2-1-1 line, the National Hunger Hotline at 1-866-3-HUNGRY or 1-877-8-HAMBRE (for Spanish speakers), or visit [www.fns.usda.gov/summerfoodrocks](http://www.fns.usda.gov/summerfoodrocks) to find a free, nutritious summer meal site near you. New this year, you can also text 'Food' or 'Comida' (for Spanish speakers) to 877-877 to receive text information on summer meal sites near you.

<b>1 BBQ Rib Patty</b> WG Hamburger Bun Baked Beans Grape Tomatoes Baked Chips Applesauce Cups	<b>2 Chicken Fajitas</b> WG Tortilla Wrap Red Bell Pepper Slices Shredded Lettuce Crunchy Carrots (K-5) Shredded Cheddar Cheese Tortilla Chips        Salsa Cool Pears	<b>3 Meatball Sub</b> WG Bun Mozzarella Cheese Spaghetti Sauce (6-12) Steamed Broccoli Crunchy Carrots (K-5) Cottage Cheese Fresh Apple Slices	<b>4 Breaded Pork Tenderloin</b> WG Hamburger Bun Cool Cucumber Slices California Mixed Vegetables Warm Cinnamon Apples (K-5) Apple Crisp (6-12)	<b>5 Mandarin Orange Chicken</b> WG Brown Rice Mixed Peas & Carrots Grape Tomatoes Mandarin Oranges Graham Cracker MS & HS Alternate: Teriyaki Chicken
<b>8 Hamburger / Cheeseburger</b> WG Hamburger Bun Steamed Broccoli Crunchy Carrots Perky Pineapple Strawberry Yogurt	<b>9 Sausage, Egg, &amp; Cheese Burrito</b> WG Tortilla Wrap Red Bell Pepper Slices Crunchy Carrots Tortilla Chips        Salsa Applesauce Cups	<b>10 Popcorn Chicken</b> Mashed Potatoes Cheese Sauce Sweet Corn Mixed Fruit Bread & Butter (9-12)	<b>11 Maid rite</b> WG Hamburger Bun Potato Wedges Baked Beans Fresh Apple Slices Wiggly Jiggly Jello	<b>12 Hot Ham &amp; Cheese on a WG Pretzel Bun</b> Baked Beans Crunchy Carrots Baked Chips Cool Pears

