



# November Highland Lunch Menu

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, Nutrition Director, at [rcerny@highland.k12.ia.us](mailto:rcerny@highland.k12.ia.us)

**ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER" Menu Updated 10/12/16**

	<b>1 Chili</b> Shredded Cheese Homemade Cinnamon Roll WG Crackers Applesauce Crunchy Carrots & Celery Seasonal Fruit (MS & HS)	<b>2 Chicken Nuggets</b> Mashed Potatoes Sweet Corn Cheese Sauce Great Grapes Bread & Butter (HS)	<b>3 Shredded Pork</b> WG Hamburger Bun Broccoli Apple Crisp Yogurt Fruit Roll-Up	<b>4 French Toast Sticks</b> <b>Sausage Patty</b> Tri Tators Crunchy Carrots Orange Smiles
<b>7 Grilled Chicken Breast</b> WG Bun Broccoli Baked Beans Pineapple Homemade Sugar Cookie	<b>8 Sausage, Egg, &amp; Cheese</b> WG Angel Biscuit Tater Tots Crunchy Carrots Apple Sauce Breakfast Crackers (MS & HS)	<b>9 Turkey &amp; Cheese Sub</b> WG Bun Shredded Lettuce Fresh Vegetable Cup Peachy Peaches Baked Chips	<b>10 Mandarin Chicken</b> Brown Rice Mixed Peas & Carrots Orange Smiles Tiny Tomatoes Bread & Butter (HS)	<b>11 Lasanga</b> Garlic Bread Lettuce & Dressing Green Beans (MS & HS) Cottage Cheese Diced Pears Sherbet Cup
<b>14 Hot Dog</b> WG Bun Island Mix Vegetables Baked Beans Baked Chips Mandarin Oranges	<b>15 Teriyaki Chicken</b> Brown Rice Steamed Carrots Steamed Peas Diced Pears Homemade Ranger Cookie Bread & Butter (HS only)	<b>16 Taco w/ WG Wrap</b> Shredded Cheese Shredded Lettuce Salsa Fiesta Salsa WG Tortilla Chips Pineapple Chunks	<b>17 Ham &amp; Potato Au'Gratin</b> WG Homemade Dinner Roll Green Beans Pretty Peaches Scooby Snacks (HS only)	<b>18 Hamburger</b> WG Hamburger Bun Cheese slice French Fries Cheery Cherry Tomatoes Saucy Applesauce
<b>21 Chicken Patty</b> WG Bun Crunchy Carrots Cauliflower & Cheese Applesauce (MS & HS only) Fruit Slushy	<b>22 Maidrites</b> WG Bun French Fries Tiny Tomatoes Sunshine Salad Wiggly Jiggly Jello	<b>23 Meatball Heroes</b> WG Hoagie Bun Broccoli Peachy Peaches Cottage Cheese	<b>24 No School!!</b>  <b>Happy Thanksgiving!!</b>	<b>25 No School!!</b>
<b>28 No School!!</b>	<b>29 Pork Tenderloin</b> WG Bun California Blend Veggies Baked Beans Apple Crisp	<b>30 Walking Taco</b> Shredded Lettuce / Cheese Fiesta Salsa WG Tortilla Chips Pineapple	<b>1 Homemade Cheese Pizza</b> Spinach & Romaine Salad Crunchy Carrots (K-5 only) Broccoli (MS & HS Only) Mandarin Oranges Gripz	<b>2 Chicken Noodle Soup</b> WG Crackers WG Breadstick Steamed Carrots Crunchy Celery Perfect Peaches