



October 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

ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE "THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER"

3 Hamburger WG Hamburger Bun Cheese slice French Fries Cheery Cherry Tomatoes Saucy Applesauce	4 Teriyaki Chicken Brown Rice Steamed Carrots Steamed Peas Diced Pears Homemade Cookie Bread & Butter (HS only)	5 Meatball Heroes WG Hoagie Bun Broccoli Peachy Peaches Cottage Cheese	6 Taco w/ WG Wrap Shredded Cheese Shredded Lettuce Salsa Fiesta Salsa WG Tortilla Chips Pineapple Chunks	7 No School Highland Homecoming GO HUSKIES!!!!
10 Maid Rites WG Hamburger Bun French Fries Cherry Tomatoes Pineapple Chunks Fruit Roll-up	11 Ham & Potato Au 'gratin Homemade WG Roll Green Beans Fruit Slushy Scooby Snacks (HS only)	12 Corn Dogs Baked Chips Baked Beans Crunchy Celery Sticks Great Grapes Dessert Breadstick (HS)	13 Creamed Turkey Homemade WG Angel Biscuit Peas Sweet Corn Cool Pears Assorted Crackers	14 Spaghetti WG Breadstick Spinach & Romaine Mix Green Beans (MS & HS) Perfect Peaches Cottage Cheese (HS)
17 Hot Beef Sundae (Beef & Gravy over Mashed Potatoes) WG Homemade Dinner Roll Sweet Corn Orange Smiles	18 Weiner Winks Baked Beans Rolly Polly Peas Frozen Fruit Salad Baked Chips (HS Only) Goldfish (K-8)	19 Chicken Patty WG Hamburger Bun Crunchy Carrots Cauliflower & Cheese Diced Pears	20 Beef & Bean Nachos WG Tortilla Chips Cheese Sauce Sweet Potatoes Lettuce Mandarin Oranges Salsa Spanish Rice (HS)	21 Homemade Cheese Pizza Spinach & Romaine Salad Broccoli (MS & HS only) Crunchy Carrots (K-5) Season Fresh Fruit Gripz
24 Pork Tenderloin WG Bun California Blend Veggies Sliced Cucumbers Warm Apples Fruit Roll-up (HS only)	25 Goulash WG Breadstick Broccoli Sunshine Fruit Mix Royal Brownie	26 Popcorn Chicken Baked Beans Crunchy Carrots Rolly Polly Grapes Baked Chips	27 Beef Taco Bake Sweet Corn Shredded Lettuce Diced Pears Cottage Cheese WG Breadstick (HS only)	28 Hot Ham & Cheese WG Pretzel Roll Creamy Coleslaw Orange Smiles Strawberry Yogurt
31 Skelaton Bones w/ a Skelaton Shell Sprinkle of Newt / Shredded Lily Pads Zombie Fingers Toadstool Chips / Goblin Salsa Jack O Lantern Slices Graveyard Bones (HS Only)	1 Chili Shredded Cheese Homemade Cinnamon Roll WG Crackers Applesauce Crunchy Carrots & Celery Seasonal Fruit (MS & HS)	2 Chicken Nuggets Mashed Potatoes Sweet Corn Cheese Sauce Great Grapes Bread & Butter (HS)	3 Sloppy Joe WG Hamburger Bun Broccoli Apple Crisp Yogurt Fruit Roll-Up	4 French Toast Sausage Patty Tator Tots Crunchy Carrots Orange Smiles Crispy Crackers