September Highland Lunch Menu

All Meals Served with Choice of Milk: Skim, 1%, or Chocolate Skim *Nutritional Information is available upon request. Please contact*

**MS:** Daily Garden Bar *Rachel Cerny, Nutrition Director, at rcerny@highland.k12.ia.us*

**HS:** Daily Garden Bar & Fresh Fruit Bowl, Alternate Entrée available all week.

***ALL MENUS SUBJECT TO CHANGE WITHOUT NOTICE “THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER”***

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|  |  |  | **1 Creamed Turkey**  WG Angel Biscuit  Green Peas  Sweet Corn  Diced Peaches  Assorted Crackers | **2 Maid rites**  WG Bun  French Fries  Cheery Cherry Tomatoes  Pineapple Chunks  Fun Fruit Roll-Up |
| **5** **No School – Labor Day!**  **HS Alt: Mozzarella Breadsticks** | **6**  **Pizza Burger**  WG Hamburger Bun  Pizza Sauce/Moz. Cheese  Mashed Potatoes  Crunchy Carrots  Rolly Polly Grapes | **7**  **Meatball Hero’s**  WG Hoagie Bun  Mozzerella Cheese  Green Beans  Orange Smiles  Cottage Cheese  Sugar Cookie | **8**  **Beef & Bean Nachos**  Cheese Sauce / Salsa  WG Tortilla Chips  Shredded Lettuce  Roasted Sweet Potatoes  Apple Sauce  Spanish Rice (HS) | **9** **Homemade Cheese Pizza**  Popeye’s Spinach & Romaine  Crunchy Carrots (K-5)  Broccoli (MS & HS)  Mandarin Oranges Gripz |
| **12** **Turkey & Cheese**  WG Wrap  Baked Beans  Steamed Carrots  Shredded Lettuce  Apple Slices / Baked Chips  **HS Alt: Corn Dogs** | **13** **Goulash**  WG Breadstick  Broccoli  Great Grapes  Strawberry Yogurt | **14** **Popcorn Chicken**  Great Green Beans  Mashed Potatoes  Assorted Crackers  Cool Peaches | **15**  **Beef Taco Bake**  Sweet Corn  Shredded Lettuce  Diced Pears  Cottage Cheese  WG Breadstick (HS) | **16**  **Pork Tenderloin**  WG Bun  California Blend Vegetables  Warm Cinnamon Apples  Sliced Cucumbers  Fruit Roll-up (HS) |
| **19 Chicken Nuggets**  Mashed Potatoes  Cheese Sauce  Sweet Corn  Orange Smiles  Bread & Butter (HS Only)  **HS Alt: Chicken Patty** | **20** **Walking Taco**  Lettuce  Shredded Cheese  Saucy Applesauce  Carrots & Celery w/ Ranch  Fruit by the Foot  Seasonal Fruit (MS & HS)  Breadstick (HS Only) | **21** **Sloppy Joe**  WG Hamburger Bun  Steamed Broccoli  Apple Slices  Homemade Blueberry Square  Yogurt | **22** **Chicken Fajita /** WG Wrap  Cheese / Lettuce  Red & Green Pepper Strips  Fiesta Salsa  WG Tortilla Chips  Strawberries & Grapes  Scooby Doo’s (HS Only) | **23** **Turkey Tettrazini**  Homemade WG Dinner Roll  Peas  Sweet Corn  Mandarin Oranges |
| **26** **Sausage, Egg, & Cheese**  Homemade Angel Biscuit  Tator Tots  Crunchy Carrots  Saucy Applesauce  Crispy Crackers  **HS Alt: Pork Tenderloin** | **27** **Turkey & Cheese Sub**  WG Roll  Shredded Lettuce  Baked Beans  Baked Chips  Frozen Fruit Salad | **28** **Chicken Patty**  WG Bun  Broccoli with Cheese Sauce  Crispy Celery  Frozen Fruit Slushy | **29** **Mandarin Chicken**  Brown Rice  Peas & Carrots  Orange Smiles  Wiggly, Jiggly Jello  Cheery Cherry Tomatoes  Bread & Butter (HS Only) | **30** **Lasagna**  Garlic Bread  Lettuce Salad w/ Dressing  Green Beans (MS & HS)  Cottage Cheese (HS Only)  Sherbet Cup |