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 BiscuitGreen PeasSweet Corn Diced PeachesAssorted Crackers | **2 Maid rites**WG BunFrench FriesCheery Cherry TomatoesPineapple ChunksFun Fruit Roll-Up |
| **5** **No School – Labor Day!****HS Alt: Mozzarella Breadsticks** | **6**  **Pizza Burger**WG Hamburger BunPizza Sauce/Moz. CheeseMashed PotatoesCrunchy CarrotsRolly Polly Grapes | **7**  **Meatball Hero’s**WG Hoagie BunMozzerella CheeseGreen BeansOrange SmilesCottage CheeseSugar Cookie | **8**  **Beef & Bean Nachos**Cheese Sauce / SalsaWG Tortilla ChipsShredded LettuceRoasted Sweet PotatoesApple SauceSpanish Rice (HS) | **9** **Homemade Cheese Pizza**Popeye’s Spinach & RomaineCrunchy Carrots (K-5)Broccoli (MS & HS)Mandarin Oranges Gripz |
| **12** **Turkey & Cheese**WG WrapBaked BeansSteamed CarrotsShredded LettuceApple Slices / Baked Chips**HS Alt: Corn Dogs** | **13** **Goulash**WG BreadstickBroccoliGreat GrapesStrawberry Yogurt | **14** **Popcorn Chicken**Great Green BeansMashed PotatoesAssorted CrackersCool Peaches | **15**  **Beef Taco Bake**Sweet CornShredded LettuceDiced PearsCottage CheeseWG Breadstick (HS) | **16**  **Pork Tenderloin**WG BunCalifornia Blend VegetablesWarm Cinnamon ApplesSliced CucumbersFruit Roll-up (HS) |
| **19 Chicken Nuggets**Mashed PotatoesCheese SauceSweet CornOrange SmilesBread & Butter (HS Only)**HS Alt: Chicken Patty** | **20** **Walking Taco**LettuceShredded CheeseSaucy ApplesauceCarrots & Celery w/ RanchFruit by the FootSeasonal Fruit (MS & HS)Breadstick (HS Only) | **21** **Sloppy Joe**WG Hamburger BunSteamed BroccoliApple SlicesHomemade Blueberry SquareYogurt | **22** **Chicken Fajita /** WG WrapCheese / LettuceRed & Green Pepper StripsFiesta SalsaWG Tortilla ChipsStrawberries & GrapesScooby Doo’s (HS Only) | **23** **Turkey Tettrazini**Homemade WG Dinner RollPeasSweet CornMandarin Oranges |
| **26** **Sausage, Egg, & Cheese**Homemade Angel BiscuitTator TotsCrunchy CarrotsSaucy ApplesauceCrispy Crackers**HS Alt: Pork Tenderloin** | **27** **Turkey & Cheese Sub**WG RollShredded LettuceBaked BeansBaked ChipsFrozen Fruit Salad | **28** **Chicken Patty**WG BunBroccoli with Cheese SauceCrispy CeleryFrozen Fruit Slushy | **29** **Mandarin Chicken**Brown RicePeas & CarrotsOrange SmilesWiggly, Jiggly JelloCheery Cherry TomatoesBread & Butter (HS Only) | **30** **Lasagna**Garlic BreadLettuce Salad w/ DressingGreen Beans (MS & HS)Cottage Cheese (HS Only)Sherbet Cup  |