

Highlands Middle School

Lunch Menu

February 27th to March 3rd

School Year 2022—2023
Due to changes by the
USDA, school lunch meals
are no longer provided free
of charge.

Breakfast is offered free of
charge to all students, daily,
in the cafeteria!

We encourage all families to complete an Enrollment Benefit Form (Formerly School Meals Application). Visit www.MySchoolApps.com
 Want to check your student's balance and purchases, and get low balance alerts? Open a **FREE** User account www.MySchoolBucks.com (adding funds will require a fee)

Lunch Pricing:
 Paid Students \$3.25
 Free/Reduced Students - No Charge
 A la Carte
 Second Meals \$3.25
 Fruit or Juice \$.75
 Milk \$.75
 In addition,

Students MAY CHOOSE, if they like, 2nd fruit or vegetable choices - fresh whole fruit or chilled cupped fruit; veggie dippers or hot vegetable; **ALL LUNCH MEALS COME WITH ALL FRUITS & VEGETABLES;** Milk choice - 1% or FF white; FF Chocolate
 Questions? Please contact: Dawn McGinn
 Director, Food & Nutrition Services
dawnmcginn@wpcsd.k12.ny.us or by calling the Food & Nutrition Program Office (914)422-2054

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>	
<p>Daily Menu Selections Choice of: <i>Pizza by the Slice</i> – w/ WG Crust, Cheese or Pepperoni; <i>Grab & Go Deli Sandwiches</i> – Now made with Boar's Head Meats & Cheeses; offered on Whole Wheat Bread or Rolls: Turkey & Cheese; Ham & Cheese; Cheese Sandwich; PB&J; <i>Bagel Lunch</i> – WG Bagel - w/ low fat yogurt & mozzarella string cheese; <i>Yogurt Parfait</i> w/ low fat vanilla yogurt; fruit; organic granola; <i>Entrée Salad:</i> Garden Salad w/ Chicken – Romaine Lettuce, Cucumbers & Tomatoes</p>					
<u>27th</u>	<u>28th</u>	<u>1st</u>	<u>2nd</u>	<u>3rd</u>	
<p><u>Chicken Tenders</u> w/HoneyMustardDipping Sauce Seasoned Carrots WGDinner Roll</p>	<p><u>Fish Sticks</u> WGFish Sticks WarmWGPretzel Stick VegetarianBeans</p>	<p><u>Meatball Club</u> TurkeyMeatballs in Marinara Sauce on WGRoll SauteedGreenBeans</p>	<p><u>Mozzarella Sticks</u> MarinaraDipping Sauce WGDinner Roll SeasonedCorn</p>	<p><u>Chicken Nuggets</u> BBQor Buffalo Dipping Sauce WGDinner Roll SeasonedBroccoli 100% Juice</p>	
Fruit Choice, Milk Choice				Fruit Choice, Milk Choice	

Vegetable & Fruit Choices Offered Daily with Every Meal:
Fresh Fruit; Chilled Cupped Fruit or 100% Fruit Choice
Vegetable Selections include Hot Vegetable and Veggie Crunchers w/ Dip (Baby Carrots offered Daily)
Choice of Milk White 1% or Fat Free; 1% Chocolate

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Highlands Middle School

Lunch Menu

March 6th to March 10th

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>Daily Menu Selections Choice of: <u><i>Pizza by the Slice</i></u> – w/WG Crust, Cheese or Pepperoni; <u><i>Grab & Go Deli Sandwiches</i></u> – Nowmade with Boar’s Head Meats & Cheeses; offered on Whole Wheat Bread or Rolls: Turkey & Cheese; Ham & Cheese; Cheese Sandwich; PB&J; <u><i>Bagel Lunch</i></u> – WGBagel – w/low fat yogurt & mozzarella string cheese; <u><i>Yogurt Parfait</i></u> w/lowfat vanilla yogurt; fruit; organic granola; <u><i>Entrée Salad</i></u>: Garden Salad w/Chicken – Romaine Lettuce, Cucumbers & Tomatoes</p>				
<u>6th</u>	<u>7th</u>	<u>8th</u>	<u>9th</u>	<u>10th</u>
Boneless Chicken Wings w/Assorted Dipping Sauces, Seasoned Carrots, Choice of 100% Fruit Juice, FF Milk , Assorted Fresh or Cupped Fruit 100% Juice Fruit Choice, Milk Choice	Beef Hot Dog on WG Bun, Vegetarian Beans, Choice of FF Milk, Assorted Fresh or Cupped Fruit	Chicken Chili Taquitos w/Sweet Plantains, Choice of FF Milk, Assorted Fresh or Cupped Fruit	Twisted Mozzarella Bread Sticks w/Marinara Dipping Sauce, Seasoned Broccoli, Choice of FF Milk, Assorted Fresh or Cupped Fruit	WG Fish Sticks w/Tarter Sauce, Seasoned Sweet Corn, WG Dinner Roll, Choice of 100% Fruit Juice, FF Milk, Assorted Fresh or Cupped Fruit 100% Juice Fruit Choice, Milk Choice

Vegetable & Fruit Choices Offered Daily with Every Meal:
Fresh Fruit; Chilled Cupped Fruit or 100% Fruit Choice
Vegetable Selections include Hot Vegetable and Veggie Crunchers w/ Dip (Baby Carrots offered Daily)
Choice of Milk White 1% or Fat Free; 1% Chocolate

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 Fruit or Juice \$.75
 Milk \$.75
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Highlands Middle School

Lunch Menu

March 13th to March 17th

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>Daily Menu Selections</p> <p>Choice of:</p> <p><i>Pizza by the Slice</i> – w/ WG Crust, Cheese or Pepperoni;</p> <p><i>Grab & Go Deli Sandwiches</i> – Now made with Boar’s Head Meats & Cheeses; offered on Whole Wheat Bread or Rolls: Turkey & Cheese; Ham & Cheese; Cheese Sandwich; PB&J;</p> <p><i>Bagel Lunch</i> – WG Bagel - w/ low fat yogurt & mozzarella string cheese;</p> <p><i>Yogurt Parfait</i> w/ low fat vanilla yogurt; fruit; organic granola;</p> <p><i>Entrée Salad</i>: Garden Salad w/ Chicken – Romaine Lettuce, Cucumbers & Tomatoes</p>				
<p>13th</p> <p>Baked Chicken Drumsticks, Corn Muffin, Seasoned Carrots, Choice of 100% Fruit Juice, FF Milk, Assorted Fresh or Cupped Fruit</p> <p>100% Juice Fruit Choice, Milk Choice</p>	<p>14th</p> <p>Cheese Burger on WG Bun, Vegetarian Beans, Choice of FF Milk, Assorted Fresh or Cupped Fruit</p>	<p>15th</p> <p>Mozzarella Sticks w/Marinara Dipping Sauce, Seasoned Corn, WG Dinner Roll, Choice of FF Milk, Assorted Fresh or Cupped Fruit</p>	<p>16th</p> <p>Popcorn Chicken w/assorted Dipping Sauces, Seasoned Green Beans, WG Dinner Roll, Choice of FF Milk, Assorted Fresh or Cupped Fruit</p>	<p>17th</p> <p>St. Patrick’s Day - WG Fish/Cheese on a WG Bun w/Tarter Sauce, Seasoned Broccoli, Choice of 100% Fruit Juice, FF Milk, Assorted Fresh or Cupped Fruit</p> <p>100% Juice Fruit Choice, Milk Choice</p>
<p>Vegetable & Fruit Choices Offered Daily with Every Meal:</p> <p>Fresh Fruit; Chilled Cupped Fruit or 100% Fruit Choice</p> <p>Vegetable Selections include Hot Vegetable and Veggie Crunchers w/ Dip (Baby Carrots offered Daily)</p> <p>Choice of Milk White 1% or Fat Free; 1% Chocolate</p>				
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Free/Reduced Students - No Charge

A la Carte

Second Meals \$3.25

Fruit or Juice \$.75

Milk \$.75

In addition,

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Highlands Middle School

Lunch Menu

March 20th to March 24th

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>Daily Menu Selections</p> <p>Choice of:</p> <p><u>Pizza by the Slice</u> – w/WG Crust, Cheese or Pepperoni;</p> <p><u>Grab&Go Deli Sandwiches</u>– Nowmade with Boar’sHead Meats & Cheeses; offered on Whole Wheat Bread or Rolls: Turkey & Cheese; Ham& Cheese; Cheese Sandwich; PB&J;</p> <p><u>Bagel Lunch</u> – WGBagel – w/low fat yogurt & mozzarella string cheese;</p> <p><u>Yogurt Parfait</u> w/lowfat vanilla yogurt; fruit; organic granola;</p> <p><u>EntréeSalad</u>: Garden Salad w/Chicken – Romaine Lettuce, Cucumbers & Tomatoes</p>				
<u>20</u>	<u>21</u>	<u>22</u>	<u>23</u>	<u>24</u>
Chicken Tenders w/Honey Mustard Dipping Sauce, Seasoned Carrots, WG Dinner Roll, Choice of 100% Fruit Juice, FF Milk, Assorted Fresh or Cupped Fruit 100% Juice Fruit Choice, MilkChoice	WG Soft Shell Turkey Taco, Confetti Corn, Salsa & Shredded Cheese, Choice of FF Milk, Assorted Fresh or Cupped Fruit	Turkey Meatball Parm on WG Roll, Seasoned Green Beans, Choice of FF Milk, Assorted Fresh or Cupped Fruit	Boneless Chicken Wings w/BBQ or Buffalo Dipping Sauces, Cauliflower Mix, Choice of FF Milk, Assorted Fresh or Cupped Fruit	Fish Sticks w/Tartar Sauce, Warm WG Pretzel Stick, Seasoned Broccoli, Choice of 100% Fruit Juice, FF Milk, Assorted Fresh or Cupped Fruit 100% Juice Fruit Choice, MilkChoice

Vegetable & Fruit Choices Offered Daily with Every Meal:
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Lunch Menu

March 27th to March 31st

<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
<p>Daily Menu Selections</p> <p>Choice of:</p> <p><u>Pizza by the Slice</u> – w/WG Crust, Cheese or Pepperoni;</p> <p><u>Grab&Go Deli Sandwiches</u>– Nowmade with Boar’sHead Meats & Cheeses; offered on Whole Wheat Bread or Rolls: Turkey & Cheese; Ham& Cheese; Cheese Sandwich; PB&J;</p> <p><u>Bagel Lunch</u> – WGBagel – w/low fat yogurt & mozzarella string cheese;</p> <p><u>Yogurt Parfait</u> w/lowfat vanilla yogurt; fruit; organic granola;</p> <p><u>EntréeSalad</u>: Garden Salad w/Chicken – Romaine Lettuce, Cucumbers & Tomatoes</p>				
<u>27</u>	<u>28</u>	<u>29</u>	<u>30</u>	<u>31</u>
<p>Chicken Tenders w/Honey Mustard Dipping Sauce, Seasoned Carrots, WG Dinner Roll, Choice of 100% Fruit Juice, FF Milk, Assorted Fresh or Cupped Fruit</p> <p style="text-align: center;">100% Juice Fruit Choice, MilkChoice</p>	<p>Beef Hot Dog WG Bun, Vegetarian Beans, Choice of FF Milk, Assorted Fresh or Cupped Fruit</p>	<p>Twisted Mozzarella Bread Sticks w/Marinara Dipping Sauce, Seasoned Green Beans, Choice of FF Milk, Assorted Fresh or Cupped Fruit</p>	<p>Popcorn Chicken, Seasoned Broccoli, WG Dinner Roll, Choice of FF Milk, Assorted Fresh or Cupped Fruit</p>	<p>Fish Sticks w/Tartar Sauce, WG Dinner Roll, Seasoned Corn, Choice of 100% Fruit Juice, FF Milk, Assorted Fresh or Cupped Fruit</p> <p style="text-align: center;">100% Juice Fruit Choice, MilkChoice</p>

Vegetable & Fruit Choices Offered Daily with Every Meal:
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