

Highlands Middle School

Lunch Menu

May 1st-May 5th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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/lowfat yogurt & mozzarella string cheese; <i>Yogurt Parfait</i> w/lowfat vanilla yogurt; fruit; organic granola; <i>Entrée Salad</i> : Garden Salad w/Chicken-Romaine Lettuce, Cucumbers & Tomatoes				
1	2	3	4	5
Crispy Chicken & Waffles w/syrup, Seasoned Carrots, Choice of 100% Fruit Juice, FF or 1% Milk, Assorted Fresh or Cupped Fruit	Breaded Mozzarella Sticks w/Marinara Dipping Sauce, Seasoned Green Beans, WG Dinner Roll, Choice of FF or 1% Milk, Assorted Fresh or Cupped Fruit	WG Penne Pasta w/Meat Sauce, Steamed Broccoli, WG Dinner Roll, Choice of FF or 1% Milk, Assorted Fresh or Cupped Fruit	Crispy Baked Fish w/Tater Sauce, Sweet Corn, Warm WG Pretzel Stick, Choice of FF or 1% Milk, Assorted Fresh or Cupped Fruit	Cinco de Mayo - Chicken & Cheese Flauta, Sweet Plantains, Cinnamon Churro, Choice of 100% Fruit Juice, FF or 1% Milk, Assorted Fresh or Cupped Fruit
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				

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

Highlands Middle School

Lunch Menu

May 8th – May 12th

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
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in the cafeteria!

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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
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Menu Selections Choice of: <i>Pizza by the Slice</i> – w/ WGCrust, 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> – WGBagel - 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				
8	9 ^h	10	11	12
Chicken Tenders w/BBQ, Buffalo or Honey Mustard Dipping Sauce, Seasoned Carrots, Choice of 100% Fruit Juice, FF or 1% Milk, Assorted Fresh or Cupped Fruit	Turkey Taco w/Crunchy Corn Taco Shell, Sweet Corn, Salsa/Shredded Cheddar Cheese, Choice of FF or 1 % Milk, Assorted Fresh or Cupped Fruit	Twisted Mozzarella Bread Sticks w/Marinara Dipping Sauce, Seasoned Green Beans, Choice of FF or 1% Milk, Assorted Fresh or Cupped Fruit	Cheeseburger on WG Bun, Tater Tots, Choice of FF or 1% Milk, Assorted Fresh or Cupped Fruit	Boneless Chicken Wings w/BBQ, Buffalo, or Honey Mustard Dipping Sauce, Vegetarian Beans, WG Dinner Roll, Choice of 100% Fruit Juice, FF or 1% Milk, Assorted Fresh or Cupped Fruit

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)

This institution is an equal opportunity provider. If you have a food allergy, please speak to the owner, manager, chef or your server.

Highlands Middle School

Lunch Menu

May 15th – May 19th

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

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 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
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<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Daily Menu Selections Choice of: <i>Pizza by the Slice</i> – w/ WGCrust, 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> – WGBagel - 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				
15	16	17	18	19
<u>Breaded Baked Chicken</u> Leg w/Waffle, maple syrup, Seasoned Carrots, Choice of 100% Fruit Juice, FF or 1% Milk, Assorted Fresh or Cupped Fruit	<u>Mozzarella Sticks</u> w/Marinara Dipping Sauce, Seasoned Green Beans, Choice of FF or 1% Milk, Assorted Fresh or Cupped Fruit	<u>Cheeseburger on WG</u> Bun w/Vegetarian Beans, Choice of FF or 1% Milk, Assorted Fresh or Cupped Fruit	7 th grade Philadelphia trip - Pizza Boli Bites, Fresh Steamed Broccoli, Choice of FF or 1% Milk, Assorted Fresh or Cupped Fruit	7 th grade Philadelphia trip - Turkey Taco w/Corn Shells, Sweet Corn, Salsa, Shredded Cheddar Cheese, Choice of 100 Fruit Juice, FF or 1 % Milk, Assorted Fresh or Cupped Fruit

Vegetable & Fruit Choices Offered Daily with Every Meal:
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Vegetable Selections include Hot Vegetable and Veggie Crunchers w/ Dip (Baby Carrots offered Daily)

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Highlands Middle School

Lunch Menu

May 22- May 24

School Year 2022—2023
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of charge.

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 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
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<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/ WGCrust, 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>— WGBagel - 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>				

<p style="text-align: center;"><u>22</u></p> <p><u>Chicken Tenders</u> w/Honey Mustard, Buffalo or BBQ Dipping Sauce, Seasoned Carrots, Choice of 100% Fruit Juice, 1% & FF Milk, Assorted Fresh or Cupped Fruit</p>	<p style="text-align: center;"><u>23^h</u></p> <p><u>Twisted Mozzarella Bread Sticks</u> w/Marinara Dipping Sauce, Seasoned Green Bean, Choice of FF or 1% Milk, Assorted Fresh or Cupped Fruit.</p>	<p style="text-align: center;"><u>24^h</u></p> <p><u>Boneless Chicken</u> Wings w/BBQ, Buffalo or Honey Mustard Dipping Sauce, Steamed Broccoli, Choice of FF or 1% Milk, Assorted Fresh or Cupped Fruit</p>	<p style="text-align: center;">SCHOOL CLOSED THURSDAY MAY 25 & FRIDAY MAY 26 MEMORIAL DAY MONDAY MAY 29 CLASSES RESUME TUESDAY MAY 30.</p>
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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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