

# Highlands Middle School

## Lunch Menu

May 30-June 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>DailyMenuSelections</b> Choice of: <i>PizzabytheSlice</i> –w/WGCrust, Cheeseor Pepperoni; <i>Grab&amp;GoDeli Sandwiches</i> – NowmadewithBoar’sHeadMeats&Cheeses; offered on WholeWheatBreador Rolls: Turkey&Cheese; Ham&Cheese; CheeseSandwich; PB&J; <i>Bagel Lunch</i> – WGBagel - w/lowfat yogurt & mozzarella string cheese; <i>Yogurt Parfait</i> w/lowfat vanilla yogurt; fruit; organicgranola; <i>EntréeSalad:</i> GardenSaladw/Chicken–RomaineLettuce, Cucumbers&Tomatoes				
29	30	31	1	2
Memorial Day	Popcorn Chicken w/Dipping Sauces, Warm Pretzel Sticks, Seasoned Carrots, Choice of FF or 1% Milk, Assorted Fresh or Cupped Fruit	Fish Patty w/Tarter Sauce, Seasoned Rice, Sweet Corn, Choice of FF or 1% Milk, Assorted Fresh or Cupped Fruit	Meatballs in Marinara Sauce on a Roll, Seasoned Green Beans, Choice of FF or 1% Milk, Assorted Fresh or Cupped Fruit	Boneless Chicken Wings w/BBQ, Buffalo or Honey Mustard Dipping Sauce, Steamed Broccoli, Choice of 100% Fruit Juice, FF or 1% Milk, Assorted Fresh or Cuped Fruit

**Vegetable&Fruit ChoicesOffered DailywithEveryMeal:**

**Fresh Fruit; Chilled Cupped Fruit or 100% Fruit Choice**

**VegetableSelectionsinclude Hot Vegetableand VeggieCrunchersw/ Dip(Baby Carrots offered Daily)**

**Choice of MilkWhite 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](http://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](http://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](mailto:dawnmcginn@wpcsd.k12.ny.us) or by calling the Food & Nutrition Program Office (914)422-2054



