



HIGHLANDS GF MENU



JANUARY

GF MONTHLY BREAKFAST

YOGURT W/ CHEESES STICK 1/2 C FRUIT	W/	GF CHOCOLATE MUFFIN 1/2C FRUIT	W/	2 OZ GF LUCKY CHARMS 1/2C FRUIT	W/	GF BAGEL W/ CREAM CHEESE 1/2C FRUIT	W/	GF STRAWBERRY CEREAL BAR C FRUIT	W/ 1/2
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1/12/2026 GF Chicken Patty on GF Bun		1/13/2026 GF Grilled Cheese Sandwich on GF Bread		1/14/2026 Cheeseburger on GF Bun		1/15/2026 GF Chicken nuggets w/ Sweet n Sour		1/16/2026 GF Calzone	
Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk		OR Daily alternative Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk	
1/19/2026		1/20/2026		1/21/2026		1/22/2026		1/23/2026	
		GF Brakebush Chicken Sandwich on GF Bun		HES - Loaded Tator Tot Bowl Taco Meat, Cheese Sauce , Sr. Cream HECC- GF Blueberry Waffles		GF Pizza			
		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk			
1/26/2026		1/27/2026		1/28/2026		1/29/2026		1/30/2026	
Chicken Salad w/ GF Bread Slice		Grilled Chicken Plank w/ GF Bread		Hot Ham & Cheese on GF Bun		Beef & Cheese Nachos on GF Tortilla Chips		GF Pizza	
Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choices Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choices Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choices Assorted Fruit Choice of Milk		Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk	
2/2/2026		2/3/2026		2/4/2026		2/5/2026		2/6/2026	
Meatballs (5) w/ GF Bread		GF Chicken Nuggets (5)		Cheeseburger on GF Bun		GF Peanut Butter & Jelly		GF Pizza w/ Pepperoni	
Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk		OR Daily alternative Vegetable of the day Hot Vegetable of day Fresh Vegetable Choices Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choices Assorted Fruit Choice of Milk		OR Daily alternative Vegetable of the day Hot Vegetable of day Fresh Vegetable Choices Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choices Assorted Fruit Choice of Milk	
2/9/2026		2/10/2026		2/11/2026		2/12/2026		2/13/2026	
GF Blueberry Waffles w/ Egg Patty		GF Chicken Plank w/ Cheese Slice on GF Bun		Hot Dog on GF Bun on GF Bun		Grilled Chicken Salad w/ WG Bread		GF Calzone	
Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk		Vegetable of the day Hot Vegetable of day Fresh Vegetable Choice Assorted Fruit Choice of Milk	



ALL MEALS OFFERED WITH AN ADDITIONAL CUP OF FRUIT OR VEGETABLE PLUS MILK. A STUDENT MUST GET A FULL REIMBURSABLE MEAL TO BE FREE

What is a Meal?
Students must choose at least 3/5 components available. A minimum of 1/2 cup serving of fruit AND/OR a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch.

- Meat or Meat alternative
 - Grain/Bread
 - Choice of Vegetable
 - Choice of Fruit
 - Choice of Milk: 1% white, FF white, FF chocolate, FF vanilla
- **STUDENTS MAY TAKE UP TO 1 CUP FRUIT AND 1 CUP VEGETABLE BUT MUST CHOOSE MINIMALLY 1/2 CUP OF FRUIT OR VEGETABLE
- Weekly Vegetable Subgroups May Include:
 Dark Green: Spinach, broccoli, romaine, and spring salad
 Red/Orange: Carrots, Sweet Potatoes, tomatoes and red peppers
 Legumes: Beans
 Starchy: Potatoes, corn, peas, lima beans
 Other Vegetables: Celery, Cucumbers, cauliflower, green

ALA CARTE PRICE FOR MILK \$.65 (A STUDENT CAN TAKE A MILK FOR FREE IF ACCOMPANIED BY 2 OTHER COMPONENTS AND 1 BEING AT LEAST A 1/2 C FRUIT OR VEGETABLE)

FULL AND PART TIME CAFETERIA POSITIONS ARE CURRENTLY AVAILABLE! SEE WEBSITE OR CONTACT THE FOOD SERVICE DEPARTMENT FOR DETAILS
724-226-2400 xt. 4180