



CHILDRENS CENTER LUNCH



JANUARY/FEBRUARY

MAIN ENTRÉE

1/12/2026	1/13/2026	1/14/2026	1/15/2026	1/16/2026
Penne Pasta Alfredo w/ WG Roll OR Daily alternative Vegetable of the day Steamed Broccoli Assorted Fruit 1% White Milk	Grilled Cheese Sandwich OR Daily alternative Vegetable of the day Steamed Green Beans Assorted Fruit 1% White Milk	Cheeseburger on WG Bun OR Daily alternative Vegetable of the day French Fries 1/2 C Chilled Peaches 1% White Milk	Sweet & Sour Chicken w/ Fried Rice OR Daily alternative Vegetable of the day Steamed Broccoli Assorted Fruit 1% White Milk	French Bread Pizza (WG) OR Daily alternative Vegetable of the day Steamed Carrots 1/2 C Juice 1% White Milk
1/19/2026	1/20/2026	1/21/2026	1/22/2026	1/23/2026
NO SCHOOL FOR STUDENTS	Chicken Patty on WG Bun OR Daily alternative Vegetable of the day Steamed Green Beans 1/2 C Chilled Pears 1% White Milk	French Toast Bites (8) w/ Sausage Patty OR Daily alternative Vegetable of the day Sweet Potato/Tater Tots 1/2 C Cinnamon Apple Slices 1% White Milk	Big Daddy Pizza Slice (WG) OR Daily alternative Vegetable of the day Steamed Cauliflower 1/2C Fresh Apple Slices 1% White Milk	NO LUNCH EARLY DISMISSAL FOR STUDENTS
1/26/2026	1/27/2026	1/28/2026	1/29/2026	1/30/2026
2/2/2026	2/3/2026	2/4/2026	2/5/2026	2/6/2026
WG Macaroni & Cheese w/ Pretzel Stick OR Daily alternative Vegetable of the day Steamed Broccoli 1/2 C Chilled Pineapple 1% White Milk	Chicken Sticks w/ WG Roll OR Daily alternative Vegetable of the day Steamed Green Beans Assorted Fruit 1% White Milk	Hot Ham & Cheese on WG Pretzel Bun OR Daily alternative Vegetable of the day French Fries or Tots 1/2 C Cinnamon Apple Slices 1% White Milk	Beef & Cheese Nachos OR Daily alternative Vegetable of the day Refried Beans smothered in Cheese 1/2 C Orange Wedge 1% White Milk	Bosco Sticks w/ Marinara (2) OR Daily alternative Vegetable of the day Steamed Carrots 1/2 C Juice 1% White Milk
2/9/2026	2/10/2026	2/11/2026	2/12/2026	2/13/2026
Meatballs (5) w/ Breadstick (WG) OR Daily alternative Vegetable of the day Steamed Broccoli 1/2 C Chilled Madarin Oranges 1% White Milk	Chicken Nuggets (5) w/ WG Roll OR Daily alternative Vegetable of the day Baked Beans 1/2 C Chilled Pears 1% White Milk	Cheeseburger on WG Bun OR Daily alternative Vegetable of the day French Fries 1/2 C Cinnamon Apple Slices 1% White Milk	Popcorn Chicken w/ Asian Sauce Fried Rice (WG) OR Daily alternative Vegetable of the day Steamed Broccoli 1/2 C Orange Wedge 1% White Milk	4 x 6 Pepperoni Pizza Slice OR Daily alternative Vegetable of the day Steamed Carrots 1/2 C Juice 1% White Milk

DAILY ALTERNATIVES

- MONDAY-WOW BUTTER OR PEANUT BUTTER & JELLY
- TUESDAY- CHEESY PULLAPART BREAD W/ MARINARA
- WEDNESDAY-WOW BUTTER OR PEANUT BUTTER & JELLY
- THURSDAY- CHEESY PULLAPART BREAD W/ MARINARA
- FRIDAY-WOW BUTTER OR PEANUT BUTTER & JELLY



PRE-K STUDENTS ARE SERVE ALL, EACH STUDENT MUST TAKE ALL OPTIONS AVAILABLE TO MAKE A FULL REIMBURSABLE MEAL.

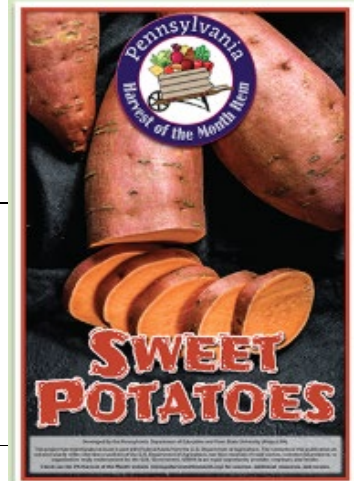
What is a Meal? Students must choose at least 3/5 components available. A minimum of 1/2 cup serving of fruit AND/OR a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch.

- 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 peppers, green beans, cabbage and green peppers

Harvest Valley Farms
FROM OUR FARM TO YOUR TABLE



HIGHLANDS HAS PARTNERED WITH

Harvest Valley Farms
FROM OUR FARM TO YOUR TABLE



FARM TO SCHOOL "DIGGING DEEPER"

Food Service Director: jwaffersmith@goldenrams.com

This institution is an equal opportunity provider and employer

Menu subject to change. Adult Lunch Price \$4.73 Studen Lunch Price: FREE