



HIGH SCHOOL



JANUARY/FEBRUARY

BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast Entrée	Breakfast Entrée	Breakfast Entrée	Breakfast Entrée	Breakfast Entrée
Sausage Pancake on a Stick	Breakfast Pizza	Benefit Bars	Hashbrown stuffed Potato (1)	Assorted Donuts WG



French Toast, Vanilla Confetti, Banana
OR Choose 2 of the following Daily Breakfast Alternatives

Assorted Cereal, Mini Loaves, Assorted WG Muffin, Yogurt (limit 1), Cheese Stick, WG crackers, Poptart (limit 1)

Daily Breakfast consist of 1 Main Entrée with fruit and/or juice and milk OR Daily Breakfast Alternative "Choose 2" WITH 1/2 C Fruit and/or juice and milk to make a complete meal

MAIN ENTRÉE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1/12/2026	1/13/2026	1/14/2026	1/15/2026	1/16/2026
Fettuccini Alfredo w/ WG Roll OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	Grilled Cheese Sandwich on WG Bread Slice OR Daily alternative Vegetable of the day Tomato Soup Fresh Vegetable Choice Assorted Fruit Choice of Milk	French Toast Bites (8) w/ Sausage OR Daily alternative Vegetable of the day Sweet Potatoe Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	General Tso Chicken w/ WG Rice OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Zuppa Toscana w/ Breadsticks OR Daily alternative Vegetable of the day Romaine Salad Fresh Vegetable Choice Assorted Fruit Choice of Milk

1/19/2026	1/20/2026	1/21/2026	1/22/2026	1/23/2026
	Spicy Chicken Patty on WG Bun OR Daily alternative Vegetable of the day Coleslaw Fresh Vegetable Choice Assorted Fruit Choice of Milk	Loaded Tater Tot Bowl Taco Meat, Cheese Sauce, Sr. Cream OR Daily alternative Vegetable of the day Tater Tots - 1C Fresh Vegetable Choice Assorted Fruit Choice of Milk	Popcorn Chicken w/ WG Roll OR Daily alternative Vegetable of the day Steamed Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	HALF DAY NO LUNCH

1/26/2026	1/27/2026	1/28/2026	1/29/2026	1/30/2026
[Empty Lunch Period]				

2/2/2026	2/3/2026	2/4/2026	2/5/2026	2/6/2026
House made Macaroni & Cheese OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Chicken Leg w/ Biscuit OR Daily alternative Vegetable of the day Sweet Potatoes Fresh Vegetable Choices Assorted Fruit Choice of Milk	Cheeseburger on WG Bun OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	Nachos Grande w/ Beef, Cheese Sauce & Sour Cream OR Daily alternative Vegetable of the day Black Bean & Corn Salad Fresh Vegetable Choices Assorted Fruit Choice of Milk	Cheesy Broccoli & Cauliflower Soup w/ Garlic Toast option OR Daily alternative Vegetable of the day Romaine Salad Fresh Vegetable Choices Assorted Fruit Choice of Milk

2/9/2026	2/10/2026	2/11/2026	2/12/2026	2/13/2026
Ravioli Alfredo Bake or Penne w/ Alfredo sauce & Bread option OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Boneless Wings w/ BBQ, Parmesean or Hot OR Daily alternative Vegetable of the day Sidewinder Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	Double Dog Day Hotdog (2) on WG Bun OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Cherry Blossom Chicken w/ Fried Rice OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choices Assorted Fruit Choice of Milk	Potato Soup w/ Bread option OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk

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

DAILY LUNCH ALTERNATIVES

Chicken Salad or Vegetable Salad

M-W-F
Spicy Buffalo Chicken Wrap

T-Th Smuckers Peanut Butter & Jelly

Yogurt w/ Cheese Stick & Granola

WEEKLY SPECIALTY PIZZA BAR

WEEK 1 BUFFALO CHICKEN
WEEK 2 SPINACH & TOMATO w/ WHITE SAUCE
WEEK 3 CHICKEN BACON RANCH
WEEK 4 VEGGIE PIZZA - PEPPERS, TOMATO, ONION, BROCCOLI
WEEK 5 PIZZA BURGER

DAILY PIZZA - PEPPERONI OR CHEESE

Adult Pricing:
\$4.85 - Lunch
\$2.85 - Breakfast
Students:
LUNCH- FREE
BREAKFAST- FREE

FULL AND PART TIME CAFETERIA POSITIONS ARE CURRENTLY AVAILABLE! SEE WEBSITE OR CONTACT THE FOOD SERVICE DEPARTMENT FOR DETAILS SEE WEBSITE FOR DETAILS

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

Food Service Director: awhenon@highlandssdms.com

HIGHLANDS SCHOOL DISTRICT HAS PARTNERED WITH