

# HIGHLANDS MIDDLE SCHOOL STUDENT BULLETIN

Thursday, February 13<sup>th</sup>, 2026

“S” Day



## FREE BREAKFAST AND LUNCH FOR ALL STUDENTS K-12

First Meal is Free, Second Meal or Second Entrée \$3.25

<p>Monday, February 9<sup>th</sup> S/F <b>Mozzarella-Filled Twisted Breadstick</b> w/ Marinara Sauce, Oven Baked Smile Fries, Apple &amp; Dried Fruit Medley 100% Fruit Juice</p>	<p>Tuesday, February 10<sup>th</sup> M/A <b>Nachos</b> Turkey Taco or Veggie Taco Crunchy Nacho Chips &amp; Rice, Toppings: Shredded Cheddar &amp; Salsa Fiesta Black Beans, Fresh Melon 100% Fruit Juice</p>	<p>Wednesday, February 11<sup>th</sup> S/B <b>Brunch 4 Lunch</b> French Toast Sticks w/ Syrup, Turkey Bacon or Meat-Free Sausage, Steamed Carrots, Fresh Clementine &amp; Applesauce Milk Choice</p>	<p>Thursday, February 12<sup>th</sup> M/C <b>Baked Ziti</b> WG Fusilli Pasta Baked w/ Marinara Sauce, Ricotta &amp; Mozzarella Cheese, w/ Garlic Knot, Garlic Green Beans, Apples Slices &amp; Mixed Fruit Milk Choice</p>	<p>Friday, February 13<sup>th</sup> S/D <b>Turkey Meatball Dunkers</b> Or Meat-Free Nugget w/ Garlic Knot, Quinoa, Apple &amp; Kale Salad 100% Fruit Juice</p>
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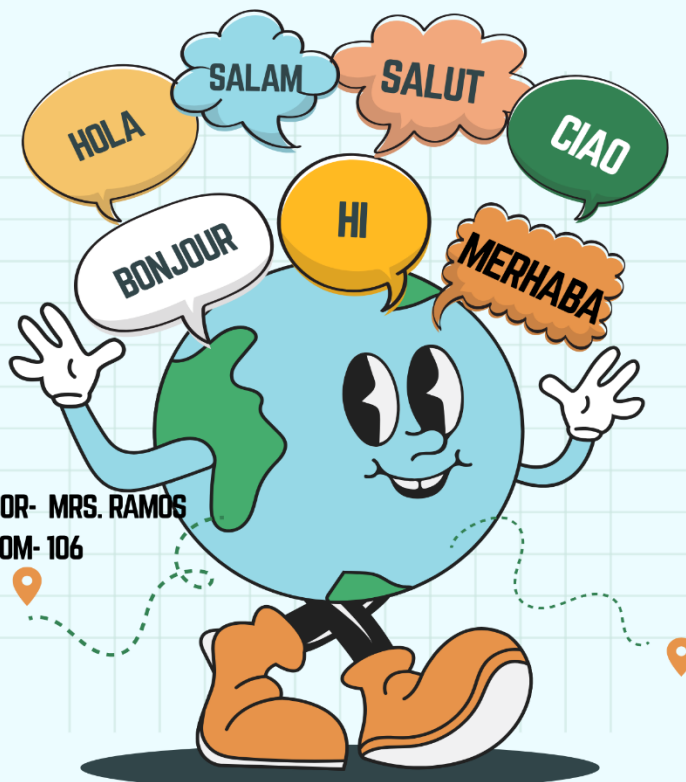
### Available Daily:

Cooked or Raw Vegetables, Fresh or Cupped Fruit with Every Meal  
Choice of 1% White Milk, FF Chocolate Milk, Lactose Offered on Monday & Friday 100% Fruit Juice.  
Romaine Lettuce Salad, Cucumbers, Tomatoes Croutons & Chicken,  
Turkey, Ham, American Cheese on WG Rolls or Sunbutter & Jelly. Yogurt Parfait w/ Granola.  
Pepperoni & Cheese Pizza Friday's Special Buffalo Chicken Pizza.



# Today!

## ENL LEARNING LOUNGE AFTER SCHOOL CLUB



CLUB ADVISOR- MRS. RAMOS  
ROOM- 106