



September 2026

HIGHLANDS LUNCH



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Alternate Lunch Options: Fruit & Yogurt Parfait, Entrée Salads: Chef, Garden Salad with Chicken or Cheese Pizza, Sandwiches: Sunbutter & Jelly, Cheese, Turkey or Ham (Pork) w/wo Cheese Available Daily and Offered with EVERY MEAL: NY Local Whole Apple; Clementines, 100% Fruit Juice Fresh Veggies w/Ranch –Baby Carrots, Cucumber Coins Milk Choice, White 2%, Fat Free White or Fat Free Chocolate		2 Crispy Mozzarella Sticks served with Marinara Sauce NY Style Garlic Knot Seasoned Mixed Vegetables NY State Apple Raisins	3 Crispy Chicken Tenders or Vegetarian Nuggets Split Top Dinner Roll Crispy Smile Fries Fresh Watermelon Slices NY State Apple Slices	4 Meatball (Beef) Parm Wedge or Vegetarian Nuggets with Roll Italian Herb Broccoli Clementines Applesauce
7 Labor Day SCHOOLS & OFFICES CLOSED	8 Beef or Veggie Burger With or without Cheese on WG Bun Toppings: Pickles, Ketchup Vegetarian Baked Beans Clementines & Applesauce	9 French Toast Sticks Turkey or Vegetarian Sausage Served with Syrup Hashbrowns Watermelon Cucumber Crunch 100% Fruit Juice	10 General Tso 's or Popcorn Chicken or Vegetarian Nuggets Veggie Fried Rice Garlic Broccoli NY State Apple & Raisins	11 Cheese Lasagna Roll-Up Served with NY Garlic Knot Seasoned Green Beans Tomato, Basil & Mozzarella Salad Clementines Applesauce
14 Mozzarella-Filled Twisted Breadsticks Served with Marinara Sauce Italian Herb Broccoli NY State Apple Raisins	15 Nachos Turkey Taco or Black Bean Served with Crispy Tortilla Chips Toppings: Shredded Cheddar & Salsa Fiesta Black Beans Clementines Applesauce	16 Chicken & Waffles Tenders or Vegetarian Nuggets Served with Waffle Sticks & Syrup Cinnamon Roasted Chickpeas NY State Apple Slices 100% Fruit Juice	17 State Fair! Turkey Corndogs or Vegetarian Nuggets Funnel Cake Fries & Smile Fries Watermelon & Strawberry Salad Raisins	18 Mac & Cheese Whole Grain NY State Sfoglini Pasta in Cheddar Cheese Sauce Roasted Buffalo Cauliflower Clementines Applesauce
21 Yom Kippur SCHOOLS & OFFICES CLOSED	22 Crispy Chicken Sandwich or Veggie Burger With or without Cheese Toppings: Pickles, Ketchup Crispy Smile Fries Clementines & Applesauce	23 Pancake Bites Turkey or Vegetarian Sausage Served with Syrup Crispy Sweet Potato Fries NY State Apple Slices 100% Fruit Juice	24 Caprese Panini Toasted Heirloom Tomatoes, Basil Aioli, Mozzarella Sandwich Italian Herb Broccoli Fresh Watermelon Slices Raisins	25 Meatball (Beef) Parm Wedge or Vegetarian Nuggets with Roll Italian Herb Broccoli Clementines Applesauce
28 Crispy Mozzarella Sticks served with Marinara Sauce NY Style Garlic Knot Seasoned Mixed Vegetables NY State Apple Raisins	29 Beef or Veggie Burger With or without Cheese on WG Bun Toppings: Pickles, Ketchup Crispy Smile Fries Clementines & Applesauce	30 French Toast Sticks Turkey or Vegetarian Sausage Served with Syrup Maple Carrots NY Apple Slices & 100% Fruit Juice *Try Tomato Juice! *	 Harvest of the Month™ Tomatoes & Watermelon 	