



Highlands Early Childhood Center



OCTOBER

MAIN ENTRÉE

9/28/2026 Corn Dog Nuggets (6) w/ WG Roll OR Daily alternative Vegetable of the day Broccoli 1/2 C Chilled Peach 1% White Milk	9/29/2026 Popcorn Chicken w/ WG Roll OR Daily alternative Vegetable of the day Baked Beans 1/2 C Chilled Pears 1% White Milk	9/30/2026 Hotdog on WG Bun OR Daily alternative Vegetable of the day French Fries 1/2 C Strawberry Cup 1% White Milk	10/1/2026 Chicken Tenders (3) w/ WG Roll OR Daily alternative Vegetable of the day Green Beans 1/2 C Mandarin Oranges 1% White Milk	10/2/2026 Big Daddy Pizza Slice WG Vegetable of the day Steamed Cauliflower Assorted Fruit 1% White Milk
10/5/2026 Rotini w/ Meatsauce & Garlic Knot OR Daily alternative Vegetable of the day Broccoli 1/2 C Chilled Peach 1% White Milk	10/6/2026 Reg Chicken Patty on WG Bun OR Daily alternative Vegetable of the day Baked Beans 1/2 C Chilled Pears 1% White Milk	10/7/2026 Pancakes (2) w/ Sausage Patty (1) OR Daily alternative Vegetable of the day Sweet Potato Waffle Fries 1/2 C Cinnamon Apple Slices 1% White Milk	10/8/2026 Nachos w/ Meat & Cheese OR Daily alternative Vegetable of the day Corn 1/2 C Orange Wedge 1% White Milk	10/9/2026 Personal Pizza Slice WG OR Daily alternative Vegetable of the day Steamed Cauliflower 1/2 C Juice 1% White Milk
NATIONAL SCHOOL LUNCH WEEK 10/13/2026 - 10/17/2026 - "Cafeteria Circus: Where Nutrition Takes Center Stage"				
10/12/2026 Big Top Mac & Cheese OR Daily alternative Vegetable of the day Steamed Broccoli 1/2 C Chilled Pineapple 1% White Milk	10/13/2026 Tightrope Chicken Nuggets (5) OR Daily alternative Vegetable of the day Steamed Green Beans 1/2 C Chilled Pears 1% White Milk	10/14/2026 	10/15/2026 Twisted Pretzels w/ Queso Dip OR Daily alternative Vegetable of the day Tater Tots 1/2 C Orange Wedge 1% White Milk	10/16/2026 Stuffed Crust Pizza WG "Pizza Daze" OR Daily alternative Vegetable of the day Steamed Cauliflower 1/2 C Juice 1% White Milk
10/19/2026 Popcorn Chicken w/ WG Roll OR Daily alternative Vegetable of the day Steamed Carrots 1/2 C Chilled Peach 1% White Milk	10/20/2026 Chicken Patty OR Daily alternative Vegetable of the day Steamed Carrots 1/2C Canteloupe 1% White Milk	10/21/2026 Cheeseburger on WG Bun OR Daily alternative Vegetable of the day French Fries 1/2 C Cinnamon Apple Slices 1% White Milk	10/22/2026 Walking Taco Chicken OR Daily alternative Vegetable of the day Black Beans 1/2 C Orange Wedge 1% White Milk	10/23/2026 French Bread Pizza WG OR Daily alternative Vegetable of the day Steamed Cauliflower 1/2 C Juice 1% White Milk
10/26/2026 Ham & American Cheese on WG Bun OR Daily alternative Vegetable of the day Carrot Sticks 1/2 C Chilled Peach 1% White Milk	10/27/2026 Grilled Chicken Sandwich on WG Bun OR Daily alternative Vegetable of the day Steamed Broccoli 1/2C Honey Dew 1% White Milk	10/28/2026 Cheesy Pretzel Bun Sandwich WG OR Daily alternative Vegetable of the day Smiley Fries 1/2 C Strawberry Cup 1% White Milk	10/29/2026 Chicken Soft Tacos (2) w/ Cheddar Cheese OR Daily alternative Vegetable of the day Black Beans 1/2 C Orange Wedge 1% White Milk	10/30/2026 Pizza Sticks WG w/ Marinara OR Daily alternative Vegetable of the day Steamed Cauliflower 1/2 C Juice 1% White Milk

Food Service Director: swaffensmith@goldenrams.com

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



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

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

PRE-K STUDENTS ARE SERVED ALL, EACH STUDENT MUST TAKE ALL OPTIONS AVAILABLE TO MAKE A FULL REIMBURSABLE MEAL. GRADES 1-4 OFFER VS SERVE, STUDENTS MUST TAKE 3/5 OPTIONS AND ONE SHOULD BE AT LEAST 1/2 CUP FRUIT OR VEGETABLE

This institution is an equal opportunity provider and employer

Menu subject to change. Adult Lunch Price \$5.05 Student Lunch Price: FREE