

OCTOBER

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, Garden Side Salad Milk Choice, White 2%, Fat Free White or Fat Free Chocolate				1 Crispy Chicken Tenders or Vegetarian Nuggets Served with Yellow Rice Fiesta Black Beans Fresh Cut Melon & Raisins <i>~Emergency Dismissal Drill~</i>		2 Cheese Lasagna Roll Up Garlic Texas Toast Italian Herb Broccoli Clementines Applesauce		3 Cheesy Stuffed Breadsticks served with Marinara Sauce Seasoned Mixed Vegetables NY State Apple Raisins	
4 Columbus Day Indigenous People's Day SCHOOLS & OFFICES CLOSED		5 Cheesy Stuffed Breadsticks served with Marinara Sauce Seasoned Mixed Vegetables NY State Apple Raisins		6 Nachos! Turkey Taco Meat or Black Bean Served with Crispy Tortilla Chips Toppings: Shredded Cheddar & Salsa Elote Style Corn Fresh Grapes & Applesauce		7 Chicken & Waffles Chicken Drumstick or Vegetarian Nuggets Served with Waffle Sticks & Syrup Roasted Butternut Squash NY Apple Slices & 100% Fruit Juice		8 General Tso's Chicken Or Popcorn Chicken Or Vegetarian Nuggets Veggie Fried Rice Garlic Ginger Edamame NY Apple Slices & 100% Fruit Juice	
9 Crispy or Spicy Chicken Sandwich or Veggie Burger With or without Cheese Toppings: Pickles, Ketchup Homemade Cole Slaw Clementines & Applesauce		10 Pancakes w/ Syrup Turkey or Vegetarian Sausage Maple Glazed Carrots NY Apple Slices & 100% Fruit Juice *National Dessert Day* Free Treat with each lunch!		11 Triple Decker Grilled Cheese Crispy Smile Fries Whole NY State Apple Raisins		12 Meatball (Beef) Parm Wedge Or Vegetarian Nuggets with Roll Roasted Cauliflower Clementines Applesauce		13 Crispy Mozzarella Sticks Served with Marinara Sauce NY Style Garlic Knot Chickpea Salad NY State Apple Raisins	
14 Beef or Veggie Burger With or without Cheese on WG Bun Toppings: Pickles, Ketchup Crispy Smile Fries Clementines & Applesauce		15 French Toast Sticks Turkey or Vegetarian Sausage Served with Syrup Roasted Butternut Squash NY State Apple Slices 100% Fruit Juice		16 Crispy Chicken Tenders or Vegetarian Nuggets Served with Yellow Rice Fiesta Black Beans Whole NY State Apple Raisins		17 Cheese Lasagna Roll Up Garlic Texas Toast Italian Herb Broccoli Fresh Grapes Applesauce		18 Cheesy Stuffed Breadstick served with Marinara Sauce Garlic Broccoli NY State Apple Raisins	
19 Taco Tuesday! Crispy Tacos & Mexican Rice With Turkey Taco or Black Beans Toppings: Shredded Cheddar & Salsa Elote Style Corn Clementines & Applesauce		20 Chicken & Waffles Chicken Drumstick or Vegetarian Nuggets Served with Waffle Sticks & Syrup Maple Glazed Carrots NY Apple Slices & 100% Fruit Juice		21 General Tso's Chicken Or Popcorn Chicken Or Vegetarian Nuggets Veggie Fried Rice Garlic Ginger Edamame NY State Whole Apple & Raisins		22 Mac & Cheese Pasta in Cheddar Cheese Sauce Served with a Jack-O-Lantern Pretzel Roasted Cauliflower Orange Smiles & Applesauce SAMPLES: Try It! Apple Cider		23	