



HIGHLANDS ELEMENTARY LUNCH

PARENTS: SIGN UP HERE FOR
LUNCH BUNCH PROGRAM



MAIN ENTRÉE

9/28/2026	9/29/2026	9/30/2026	10/1/2026	10/2/2026
Mini CornDog Nuggets (5) & WG Roll OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Popcorn Chicken w/ WG Roll OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Grilled Cheese Sandwich on WG Bread Slice OR Daily alternative Vegetable of the day Roasted Potatoes Fresh Vegetable Choice Assorted Fruit Choice of Milk	Chicken Tenders (3) w/ WG Roll OR Daily alternative Vegetable of the day Steamed Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	Stuffed Crust Pizza WG OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk
10/5/2026	10/6/2026	10/7/2026	10/8/2026	10/9/2026
Rotini w/ Meatsauce w/ WG Roll OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Reg Chicken Patty on WG Bun OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	WG Pancakes (2) w/ Sausage Patty (1) OR Daily alternative Vegetable of the day Hashbrown (2) Fresh Vegetable Choice Assorted Fruit Choice of Milk	Chicken Nachos w/ Cheese Sour Cream, Salsa OR Daily alternative Vegetable of the day Steamed Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	French Bread Pizza (WG) OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk

NATIONAL SCHOOL LUNCH WEEK 10/12/26 - 10/16/2026 "CAFETERIA CIRCUS: WHERE NUTRITION TAKES CENTER STAGE"

10/12/2026	10/13/2026	10/14/2026	10/15/2026	10/16/2026
Tightrope Mac & Cheese OR Daily alternative Vegetable of the day Romano Parm Tomatoes Fresh Vegetable Choices Cannonball Fruit Cup Elephant Fuel	Strongman Clubsticks Breaded Drumstick w/ Acrobat Roll OR Daily alternative Vegetable of the day Clown Car Carrots Fresh Vegetable Choices Cannonball Fruit Cup Elephant Fuel		Tamers Firecracker Tempura w/ High Wire Rice OR Daily alternative Vegetable of the day Steamed Tightrope Trees Fresh Vegetable Choices Cannonball Fruit Cup Elephant Fuel	Flying Trapeze Pizza Crunchers (5) Big Top Marinara Dipping Sauce OR Daily alternative Vegetable of the day Steamed Juggling Clouds Fresh Vegetable Choice Cannonball Fruit Cup Elephant Fuel

10/19/2026	10/20/2026	10/21/2026	10/22/2026	10/23/2026
Meatballs (5) w/ WG Breadstick OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Italian Hoagie w/ American Cheese on WG Hoagie Roll OR Daily alternative Vegetable of the day Baked Beans 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	Chicken Nuggets (5) w/ WG Roll OR Daily alternative Vegetable of the day Steamed Corn Fresh Vegetable Choices Assorted Fruit Choice of Milk	Pizza Rolls (8) OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk

10/26/2026	10/27/2026	10/28/2026	10/29/2026	10/30/2026
Rotini w/ Meatsauce w/ WG Roll OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Hot Dog with Cheese Sauce on WG Bun OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Grilled Chicken Sandwich on WG Bun OR Daily alternative Vegetable of the day Roasted Potatoes Fresh Vegetable Choices Assorted Fruit Choice of Milk	Chicken Walking Taco on Tostitos OR Daily alternative Vegetable of the day Steamed Corn Fresh Vegetable Choices Assorted Fruit Choice of Milk	Big Daddy Pizza Slice OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choices Assorted Fruit Choice of Milk

DAILY ALTERNATIVES

MONDAY: LUCKY CHARMS CEREAL W/
DANIMALS YOGURT

TUESDAY: PEANUT BUTTER & JELLY OR WOW
BUTTER

WEDNESDAY: COCO PUFF CEREAL W/
DANIMALS YOGURT

THURSDAY: PEANUT BUTTER & JELLY OR WOW
BUTTER

FRIDAY: CINNAMON TOAST CRUNCH CEREAL
W/ DANIIMAL YOGURT

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

OFFER VS SERVE

Students eat FREE

Adult Pricing - Lunch
\$5.05
Breakfast \$3.05

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



Food Service Director: [jwilliams@hdschools.com](mailto:jawilliams@hdschools.com)

This institution is an equal opportunity provider and employer

Menu subject to change- Last minute changes could be necessary.