



HIGHLANDS GF MENU



OCTOBER

GF MONTHLY BREAKFAST					 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
YOGURT W/ CHEESES STICK W/ up to 1 C FRUIT & Fluid Milk	GF CHOCOLATE MUFFIN W/ up to 1 C FRUIT & Fluid Milk	2 OZ GF LUCKY CHARMS W/ up to 1 C FRUIT & Fluid Milk	GF BAGEL W/ CREAM CHEESE W/ up to 1 C FRUIT & Fluid Milk	GF STRAWBERRY CEREAL BAR W/ up to 1 C FRUIT & Fluid Milk	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
9/28/2026 Hot dog on GF Bun OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	9/29/2026 GF Popcorn chicken w/ WG Roll Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	9/30/2026 GF Grilled Cheese Sandwich on GF Bread OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/1/2026 GF Chicken Tenders (4) w/ GF Roll OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/2/2026 GF Pizza Available in Dairy Free OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	
10/5/2026 Turkey & Cheese on WG Bun OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/6/2026 GF Brakebush Chicken Sandwich on GF Bun OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/7/2026 GF Pancakes w/ Sausage Patty (2) OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/8/2026 Chicken Nachos on GF Tortilla Chips w/ Sour Cream/Salsa OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/9/2026 GF Pizza Available in Dairy Free OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	
10/12/2026 GF Chicken Tenders (4) w/ GF Roll OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/13/2026 GF Mac & Cheese OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/14/2026	10/15/2026 Sweet n Sour Chicken GF w/GF Cilantro Rice OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/16/2026 GF Pizza Available in Dairy Free OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	
10/19/2026 GF Meatballs - Allergen Free Smothered w/ or w/o Mozzarella Cheese w/ GF Roll OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/20/2026 Hot Ham & Cheese w/ or w/o Cheese on GF Bun OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/21/2026 Hamburger or Cheeseburger on GF Bun OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/22/2026 GF Chicken Nuggets OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/23/2026 GF Pizza Available in Dairy Free OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	
10/26/2026 GF Pasta with meatsauce w/ GF Roll OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	10/27/2026 Hot dog w/ or w/o Cheese Sauce on GF Bun OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/28/2026 Grilled Chicken Sandwich on GF Bun OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/29/2026 Chicken Walking Taco w/ GF Chips OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	10/30/2026 GF Pizza Available in Dairy Free OR Daily Salad Vegetable of the day Hot Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	
Food Service Director: jwaffensmith@goldenrams.com					
Menu Subject to Change					
This institution is an equal opportunity provider and employer.					

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)

FULL AND PART TIME CAFETERIA POSITIONS ARE CURRENTLY AVAILABLE! SEE WEBSITE OR CONTACT THE FOOD SERVICE DEPARTMENT FOR DETAILS

724-226-2400 xt. 4180