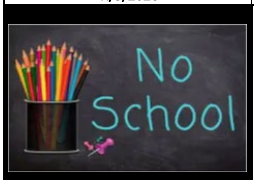
HIGHLANDS ELEMENTARY LUNCH

PARENTS: SIGN UP HERE FOR LUNCH BUNCH PROGRAM

MAIN ENTRÉE

11/2/2026	11/3/2026	11/4/2026	11/5/2026	11/6/2026
	Popcorn Chicken (10) w/ WG Roll OR Daily alternative Vegetable of the day Mashed Potatoes 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
11/9/2026	**11/10/2026**	**11/11/2026**	**11/12/2026**	**11/13/2026**
	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	Beef 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
11/16/2026	**11/17/2026**	**11/18/2026**	**11/19/2026**	**11/20/2026**
Mac & Cheese WG OR Daily alternative Vegetable of the day Romano Parm Tomatoes Fresh Vegetable Choices Assorted Fruit Choice of Milk	Highlands Hoagie on WG Hoagie Roll OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	BBQ Chicken Sandwich on WG Bun OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	TURKEY FEAST  w/ Stuffing & Gravy Daily Alternative: PB&J Only Vegetable of the day Mashed Potatoes/Corn Fresh Vegetable Choice  Assorted Fruit Choice of Milk	Pepperoni Pizza WG Big Daddy OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choices Assorted Fruit Choice of Milk
11/23/2026	**11/24/2026**	**11/25/2026**	**11/26/2026**	**11/27/2026**
Meatballs (5) w/ WG Breadstick OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Galaxy Pizza WG OR Daily alternative Vegetable of the day Baby Carrots Fresh Vegetable Choices Assorted Fruit Choice of Milk			
11/30/2026	**12/1/2026**	**12/2/2026**	**12/3/2026**	**12/4/2026**
	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	Griled Cheese Sandwich on WG Bread OR Daily alternative Vegetable of the day Romano Parm Tomatoes Fresh Vegetable Choices Assorted Fruit Choice of Milk	Chicken Fajita (2) 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/ YOGURT

TUESDAY: PEANUT BUTTER & JELLY OR WOW BUTTER

WEDNESDAY: COCO PUFF CEREAL W/ YOGURT

THURSDAY: PEANUT BUTTER & JELLY OR WOW BUTTER

FRIDAY: CINNAMON TOAST CRUNCH CEREAL W/ 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: swaffensmith@goldenrams.com

This institiution is an equal opportunity provider and employer

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