HIGHLANDS GF MENU

NOVEMBER

GF MONTHLY BREAKFAST				
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
11/2/2026	11/3/2026	11/4/2026	11/5/2026	11/6/2026
	GF Popcorn Chicken w/ GF Roll Vegetable of the day Mashed Potatoes Fresh Vegetable Choice Assorted Fruit Choice of Milk	Hamburger or Cheeseburger on GF Bun OR Daily Salad Vegetable of the day Potato Wedges Fresh Vegetable Choice Assorted Fruit Choice of Milk	GF Chicken Tenders (4) w/ GF Roll OR Daily Salad Vegetable of the day Steamed Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	GF Pizza Available in Dairy Free OR Daily Salad 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
	GF Brakebush Chicken Sandwich on GF Bun OR Daily Salad Vegetable of the day Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	GF Pancakes w/ Sausage Patty OR Daily Salad Vegetable of the day Fresh Vegetable Choice Assorted Fruit Choice of Milk	GF Beef Nachos on GF Tortilla Chips w/ Sour Cream/Salsa OR Daily Salad Vegetable of the day Corn Fresh Vegetable Choice Assorted Fruit Choice of Milk	GF Pepperoni Pizza Available in Dairy Free w/ Allergen Free Pepperoni 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
GF Mac & Cheese OR Daily Salad Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Highlands Hoagie on GF Bun OR Daily Salad Vegetable of the day Steamed Carrots Fresh Vegetable Choices Assorted Fruit Choice of Milk	BBQ Grilled Chicken Sandwich on GF Bread OR Daily Salad Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	Turkey Feast Roasted Turkey w/ GF Gravy, & WG Roll Vegetable of the day Mashed Potatoes & Corn Fresh Vegetable Choices Assorted Fruit Choice of Milk	GF Pizza Available in Dairy Free OR Daily Salad Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk
11/23/2026	11/24/2026	11/25/2026	11/26/2026	11/27/2026
GF Meatballs - Allergen Free Smothered in Mozzarella Cheese w/ GF Roll OR Daily Salad Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	GF Pizza Available in Dairy Free OR Daily Salad Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk Choice of Milk			
11/30/2026	12/1/2026	12/2/2026	12/3/2026	12/4/2026
	Hot dog w/ or w/o Cheese Sauce on GF Bun OR Daily Salad Vegetable of the day Baked Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	GF Grilled Cheese on GF Bread OR Daily Salad Vegetable of the day Hashbrown Rounds Fresh Vegetable Choices Assorted Fruit Choice of Milk	Fajita Chicken w/ or w/o shredded Cheddar & GF Chips OR Daily Salad Vegetable of the day Steamed Corn Fresh Vegetable Choices Assorted Fruit Choice of Milk	GF Pizza Available in Dairy Free OR Daily Salad Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk



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

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

Food Service Director: swaffensmith@goldenrams.com

Menu Subject to Change

This institution is an equal opportunity provider and employer