



# HIGH SCHOOL



# FEBRUARY/MARCH

### BREAKFAST

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast Entrée</b>	<b>Breakfast Entrée</b>	<b>Breakfast Entrée</b>	<b>Breakfast Entrée</b>	<b>Breakfast Entrée</b>
Hadley Farms Cinnamon Roll	Assorted Grab n Go Waffles	Trix or Cinnamon Toast Crunch Muffin	McCain Early Risers (1)	Powdered or Glazed Donuts
Choose 2 of the following Daily Breakfast Alternatives				
Assorted Cereal, Mini Loaves, Assorted WG Muffin, Yogurt (limit 1), Cheese Stick, WG crackers, Poptart (limit 1), Granola				

Daily Breakfast consist of 1 Main Entrée with fruit and/or Juice and milk OR Daily Breakfast Alternative \*Choose 2\* WITH 1/2 C fruit and/or juice and milk to make a complete meal



### MAIN ENTRÉE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2/17/2025	2/18/2025	2/19/2025	2/20/2025	2/21/2025
Mini Corn Dog Nuggets (6) & WG Roll OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Spicy or Reg Chicken Tenders (3) w/ WG Roll OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Cheeseburger on WG Bun OR Daily alternative Vegetable of the day Tater Tots Coleslaw Assorted Fruit Choice of Milk	Walking Chicken Taco w/ WG Tostito Chips OR Daily alternative Vegetable of the day Black Bean & Corn Salad Fresh Vegetable Choice Assorted Fruit Choice of Milk	Pasta Fagioli OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choice Assorted Fruit Choice of Milk
2/24/2025	2/25/2025	2/26/2025	2/27/2025	2/28/2025
Pasta Day w/ Breadstick OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Spicy Chicken or Reg Chicken Patty on WG Bun OR Daily alternative Vegetable of the day Tater Tots Fresh Vegetable Choice Assorted Fruit Choice of Milk	French Toast Sticks (WG) w/ Sausage Links OR Daily alternative Vegetable of the day Sweet Potato Waffle Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	General Tso w/ Fried Rice OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Chili w/ Corn Bread or Tortilla Chips  OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choice Assorted Fruit Choice of Milk
3/3/2025	3/4/2025	3/5/2025	3/6/2025	3/7/2025
House Made Mac & Cheese  OR Daily alternative Vegetable of the day Baked Beans Coleslaw Assorted Fruit Choice of Milk	Roasted Chicken Leg with Rice Pilaf OR Daily alternative Vegetable of the day Tater Tots Fresh Vegetable Choice Assorted Fruit Choice of Milk	Pierogies w/ Sauteed Onion w/ Roll OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choices Assorted Fruit Choice of Milk	Beef Tacos on Hard Taco Shell (2) OR Daily alternative Vegetable of the day Black Bean & Corn Salad Fresh Vegetable Choice Assorted Fruit Choice of Milk	Turkey Dumpling Soup w/ WG Rolls (2) or Fish Sandwich OR Daily alternative Vegetable of the day Sweet Potato French Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk
3/10/2025	3/11/2025	3/12/2025	3/13/2025	3/14/2025
Pasta w/ Meatsauce w/ Garlic Knots OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Bosco Sticks (2) w/ Marinara OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Popcorn Chicken Mashed Potatoes, Gravy, Cheddar Cheese OR Daily alternative Vegetable of the day Corn Fresh Vegetable Choices Assorted Fruit Choice of Milk	Mandarin Orange Chicken w/ Fried Rice OR Daily alternative Vegetable of the day Oriental Veggies Fresh Vegetable Choices Assorted Fruit Choice of Milk	Cheesy Broccoli & Cauliflower Soup w/ Breadsticks (2) or Fish Sandwich OR Daily alternative Vegetable of the day Steamed Carrot Fresh Vegetable Choices Assorted Fruit Choice of Milk
3/17/2025	3/18/2025	3/19/2025	3/20/2025	3/21/2025
Gyro w/ WG Pita Tziki Sauce OR Daily alternative Vegetable of the day Tater Tots Fresh Vegetable Choice Assorted Fruit Choice of Milk	Grilled Chicken Sandwich on WG Bun OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Grilled Cheese Sandwich on WG Bread OR Daily alternative Vegetable of the day Tomato Soup Fresh Vegetable Choices Assorted Fruit Choice of Milk	Chicken Soft Tacos (2) w/ Cheese, Sour Cream & Salsa OR Daily alternative Vegetable of the day Pinto Bean Salad Fresh Vegetable Choices Assorted Fruit Choice of Milk	Beef Vegetable Soup w/ WG Rolls (2) or Fish Sandwich OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choice Assorted Fruit Choice of Milk

### RAMS SNACK RACK \*\*OPEN DAILY\*\*

RAMS SNACK RACK MEAL OPTIONS w/ FRUIT OR VEGETABLE

M-F: YOGURT PARFAIT  
w/ Breadsticks  
M-W-F: PIZZA CRUNCHERS w/ MARINARA  
M-W-F: PEANUT BUTTER & JELLY OR WOW BUTTER  
T-TH: BAVARIAN PRETZELS or PRETZEL BITES w/ CHEESE SAUCE

GRAB A FRUIT OR VEGGIE AND MAKE IT A **MEAL** & ITS FREE!

Chips, Icecream & other ala carte items available daily for purchase and are not part of the reimbursable meal

Grilled Chicken Salad with veggies  
or Veggie Salad Available Daily  
CROUTONS & ROLLS on side

WEEKLY PIZZA OPTION

WEEK 1	BUFFALO CHICKEN PIZZA
WEEK 2	CHICKEN, BACON, RANCH
WEEK 3	SPINACH & TOMATO
WEEK 4	SUPREME
WEEK 5	ASSORTED PIZZA SLICE

### DAILY PIZZA - PEPPERONI OR CHEESE

What is a Meal? Offer vs Serve  
Students must choose at least 3/5 offered 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



Food Service Director: [swf@highlandsschools.com](mailto:swf@highlandsschools.com)

Adult Pricing:  
\$4.73- Lunch  
\$2.83 -Breakfast  
Students:



HIGHLANDS SCHOOL DISTRICT HAS PARTNERED WITH

## FARM TO SCHOOL "DIGGING DEEPER"



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This institution is an equal opportunity provider and employer

Menu subject to change- Supply Chain issues are still fluid and unstable. Last minute changes could be necessary until further notice.