






HIGHLANDS GF MENU



May\_June

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
4/28/2025	4/29/2025	4/30/2025	5/1/2025	5/2/2025	Did you know that Fresh Fruit & Vegetables are Gluten Free?
GF Pasta w/ Sauce GF Roll	GF Chicken Tenders w/ GF Roll	Hamburger on GF bun w/ or w/o Cheese	Mock Crash Day Turkey & Cheese on GF Bun Bag of GF Baked Lays GF Apple Crisps (Tree Top) Carrot Sticks w/ Ranch cup Juice Choice of Milk	Steak or Chicken Salad Build your own Salad	
Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk		Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	We also offer GF: Yogurt w/ GF Cereal; Lucky Charms or Honey Nut Cheerios Grilled Chicken Strawberry Salad & Veggie Salads
5/5/2025	5/6/2025	5/7/2025	5/8/2025	5/9/2025	
Buffalo Chicken GF Pasta Bake w/ GF Roll	GF Chicken Patty on GF Bun	Meatballs & Mozzarella on GF Bun	Chili Cheese Dog on GF Bun	Steak or Chicken Salad Build your own Salad	
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5/12/2025	5/13/2025	5/14/2025	5/15/2025	5/16/2025	
Chili Cheese Dog on GF Bun	Roasted Chicken Leg w/ GF Roll GF Pasta Salad	Hot Turkey & Cheese on GF Bun	Fajita Chicken Rice Bowl Dairy Free - No Cheese	Steak or Chicken Salad Build your own Salad	<b>What is a Meal?</b> 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
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5/19/2025	5/20/2025	5/21/2025	5/22/2025	5/23/2025	
GF Chicken Alfredo w/ GF Roll	GF Peanut Butter & Jelly w/ Cheese Stick	GF Chicken Nuggets w/ Mashed Potato & Gravy			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)
Vegetable of the Day Fresh Vegetable Choice Assorted Fruit Choice of Milk	Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk			
5/26/2025	5/27/2025	5/28/2025	5/29/2025	5/30/2025	
	Buffalo Chicken Sandwich on GF Bun	GF Grilled Cheese Sandwich	Spring Sanity Cookout Hot Dog on GF Bun Bag of Baked Lays GF	Steak or Chicken Salad Build your own Salad	
	Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	
6/2/2025	6/3/2025	6/4/2025	6/5/2025	6/6/2025	
GF Pasta w/ Sauce GF Bun	Cheeseburger on GF Bun	GF Pizza	GF Calzone		
Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk	Vegetable of the Day Fresh Vegetable Choices Assorted Fruit Choice of Milk		
Food Service Director: <a href="mailto:swaffensmith@guldenrams.com">swaffensmith@guldenrams.com</a>					
Menu Subject to Change					
This institution is an equal opportunity provider and employer.					