



MIDDLE SCHOOL



MAY/JUNE

BREAKFAST					<div></div> <div>DAILY LUNCH ALTERNATIVES</div> <div>Crispy Chicken or Vegetable Salad w/ WG Roll Pizza- Pepperoni or Cheese M-F Chicken Patty Sandwich T-Th Smuckers Peanut Butter & Jelly or Wow butter</div> <div>YOGURT PARFAITS W CHEESE STICK & CEREAL</div> <div><div>What is a Meal? choose at least 3/5 components available. of 1/2 cup serving of fruit AND/OR a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch.</div><div>Students must A minimum must accompany a reimbursable lunch.</div><div>Meat or Meat alternative Grain/Bread Choice of Vegetable Choice of Fruit Choice of Milk: 1% white, FF white, FF chocolate, FF vanilla</div><div>**STUDENTS MAY TAKE UP TO 1 CUP FRUIT AND 1 CUP VEGETABLE BUT MUST CHOOSE MINIMALLY 1/2 CUP OF FRUIT OR VEGETABLE</div><div>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</div><div><div></div><div></div><div>MAY</div><div></div><div>JUNE</div></div></div>
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Breakfast Entrée	Breakfast Entrée	Breakfast Entrée	Breakfast Entrée	Breakfast Entrée	
Apple Cinnamon Bread Slice	Breakfast Pizza	Assorted Breadslice	Assorted Benefit Bars	Assorted Breakfast Option	
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)					
MAIN ENTRÉE					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
4/28/2025	4/29/2025	4/30/2025	5/1/2025	5/2/2025	
Rotini w/ Meatsauce w/ WG Roll OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Belgian Waffle w/ Sausage Patty OR Daily alternative Vegetable of the day Sweet Potato Waffle Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	Cheeseburger on WG Bun OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	Chili & Cheese Dog on WG Hotdog Bun OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	French Bread Pizza (WG) OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choice Assorted Fruit Choice of Milk	
5/5/2025	5/6/2025	5/7/2025	5/8/2025	5/9/2025	
Buffalo Chicken Pasta Bake OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	Roasted Chicken Leg w/ Pasta Salad & WG Roll OR Daily alternative Vegetable of the day Green Bean Casserole Fresh Vegetable Choice Assorted Fruit Choice of Milk	Chicken Nuggets w/ WG Roll OR Daily alternative Vegetable of the day Baked Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Cherry Blossom Chicken w/ Fried Rice OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Chefs Choice Pizza Option OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk	
5/12/2025	5/13/2025	5/14/2025	5/15/2025	5/16/2025	
Chicken Alfredo w/ Garlic Breadstick OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Boneless Wings w/ Sauce Varieties W/ WG Roll OR Daily alternative Vegetable of the day French Fries Fresh Vegetable Choices Assorted Fruit Choice of Milk	Pierogies w/ Sautéed Onion & WG Roll OR Daily alternative Vegetable of the day Steamed Carrots Fresh Vegetable Choices Assorted Fruit Choice of Milk	Walking Chicken Taco on Dorito or Tostito OR Daily alternative Vegetable of the day Black Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Chefs Choice Pizza Option OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk	
5/19/2025	5/20/2025	5/21/2025	5/22/2025	5/23/2025	
Pasta w/ Meat Sauce w/ Garlic Knot OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Pizza Sticks w/ Marinara OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Popcorn Chicken w/ WG Roll w/ Mashed Potates & Gravy OR Daily alternative Vegetable of the day Corn Fresh Vegetable Choices Assorted Fruit Choice of Milk	Mandarin Orange Chicken w/ Fried Rice Daily alternative Vegetable of the day Steamed Oriental Veggies Fresh Vegetable Choices Assorted Fruit Choice of Milk	Chefs Choice Pizza Option OR Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk	
5/26/2025	5/27/2025	5/28/2025	5/29/2025	5/30/2025	
	Spicy Chicken Patty on WG Bun OR Daily alternative Vegetable of the day Steamed Green Beans Fresh Vegetable Choice 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	Chinese Chicken Option w/ Fried Rice OR Daily alternative Vegetable of the day Steamed Broccoli Fresh Vegetable Choices Assorted Fruit Choice of Milk	Chefs Choice Pizza Option Daily alternative Vegetable of the day Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk	
6/2/2025	6/3/2025	6/4/2025	6/5/2025	6/6/2025	
Chefs Choice	Chefs Choice	Chefs Choice	Chefs Choice		
OR Daily alternative Vegetable of the day Chefs Choice Variety of Fresh Vegetables Assorted Fruit Choice of Milk	OR Daily alternative Vegetable of the day Chefs Choice Variety of Fresh Vegetables Assorted Fruit Choice of Milk	OR Daily alternative Vegetable of the day Chefs Choice Variety of Fresh Vegetables Assorted Fruit Choice of Milk	OR Daily alternative Vegetable of the day Chefs Choice Variety of Fresh Vegetables Assorted Fruit Choice of Milk		
Adult Pricing: \$4.73- Lunch \$2.83 -Breakfast Students:					
HIGHLANDS SCHOOL DISTRICT HAS PARTNERED WITH					
FARM TO SCHOOL "DIGGING DEEPER"					
Food Service Director: foodservice@highlandschools.org					
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.					