



# MIDDLE 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>
WG Cinnamon Crumb Cake	Sausage, Cheese on Waffle	Bacon, Egg Scramble w/ Toast (1)	Breakfast Pizza	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
<b>2/17/2025</b>	<b>2/18/2025</b>	<b>2/19/2025</b>	<b>2/20/2025</b>	<b>2/21/2025</b>
Mini Corn Dog Nuggets (6) w/ WG Roll OR Daily alternative <b>Vegetable of the day</b> Baked Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Grilled Cheese Sandwich OR Daily alternative <b>Vegetable of the day</b> Tomato Soup Fresh Vegetable Choice Assorted Fruit Choice of Milk	Cheeseburger on WG Bun OR Daily alternative <b>Vegetable of the day</b> French Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	Walking Chicken Taco w/ Tostitos OR Daily alternative <b>Vegetable of the day</b> Black Bean & Corn Salad Fresh Vegetable Choice Assorted Fruit Choice of Milk	Fiestada Pizza OR Daily alternative <b>Vegetable of the day</b> Steamed Cauliflower Fresh Vegetable Choice Assorted Fruit Choice of Milk

<b>2/24/2025</b>	<b>2/25/2025</b>	<b>2/26/2025</b>	<b>2/27/2025</b>	<b>2/28/2025</b>
Cowboy Burger on WG Bun OR Daily alternative <b>Vegetable of the day</b> French Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	Spicy Chicken Patty on WG Bun OR Daily alternative <b>Vegetable of the day</b> Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Chicken Nuggets w/ WG Roll OR Daily alternative <b>Vegetable of the day</b> Baked Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	General Tso Chicken w/ Fried Rice OR Daily alternative <b>Vegetable of the day</b> Sweet Potato Waffle Fries Fresh Vegetable Choice Assorted Fruit Choice of Milk	Big Daddy BBQ Chicken Ranch Pizza OR Daily alternative <b>Vegetable of the day</b> Steamed Carrots Fresh Vegetable Choice Assorted Fruit Choice of Milk

<b>3/3/2025</b>	<b>3/4/2025</b>	<b>3/5/2025</b>	<b>3/6/2025</b>	<b>3/7/2025</b>
Chicken Alfredo w/ Garlic Breadstick OR Daily alternative <b>Vegetable of the day</b> Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Chicken Tenders w/ WG Roll OR Daily alternative <b>Vegetable of the day</b> French Fries Fresh Vegetable Choices <b>Assorted Fruit</b> Choice of Milk	Pierogies w/ Sautéed Onion & WG Roll OR Daily alternative <b>Vegetable of the day</b> Sweet Potato Tater Tots Fresh Vegetable Choices <b>Assorted Fruit</b> Choice of Milk	Beef Tacos on Hard Shell (2) OR Daily alternative <b>Vegetable of the day</b> Black Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Stuffed Crust Pizza WG OR Daily alternative <b>Vegetable of the day</b> Steamed Cauliflower Fresh Vegetable Choices <b>Assorted Fruit</b> Choice of Milk

<b>3/10/2025</b>	<b>3/11/2025</b>	<b>3/12/2025</b>	<b>3/13/2025</b>	<b>3/14/2025</b>
Pasta w/ Meat Sauce w/ Garlic Knot OR Daily alternative <b>Vegetable of the day</b> Steamed Broccoli Fresh Vegetable Choices Assorted Fruit Choice of Milk	Bosco Sticks (2) w/ Marinara OR Daily alternative <b>Vegetable of the day</b> Steamed Green Beans Fresh Vegetable Choices Assorted Fruit Choice of Milk	Popcorn Chicken w/ WG Roll w/ Mashed Potatoes & Gravy OR Daily alternative <b>Vegetable of the day</b> Corn Fresh Vegetable Choices Assorted Fruit Choice of Milk	Mandarin Orange Chicken w/ Fried Rice Daily alternative <b>Vegetable of the day</b> Steamed Oriental Veggies Fresh Vegetable Choices Assorted Fruit Choice of Milk	Pizza Sticks w/ Marinara OR Daily alternative <b>Vegetable of the day</b> Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk

<b>3/17/2025</b>	<b>3/18/2025</b>	<b>3/19/2025</b>	<b>3/20/2025</b>	<b>3/21/2025</b>
Buffalo Chicken Pasta Bake OR Daily alternative <b>Vegetable of the day</b> Steamed Broccoli Fresh Vegetable Choice Assorted Fruit Choice of Milk	Spicy Chicken Patty on WG Bun OR Daily alternative <b>Vegetable of the day</b> Steamed Green Beans Fresh Vegetable Choice Assorted Fruit Choice of Milk	Grilled Cheese Sandwich on WG Bread OR Daily alternative <b>Vegetable of the day</b> Tomato Soup Fresh Vegetable Choices Assorted Fruit Choice of Milk	Soft Chicken Tacos (2) w/ Cheese, Sour Cream & Salsa OR Daily alternative <b>Vegetable of the day</b> Black Bean & Corn Salad Fresh Vegetable Choices Assorted Fruit Choice of Milk	Assorted Pizza Option Daily alternative <b>Vegetable of the day</b> Steamed Cauliflower Fresh Vegetable Choices Assorted Fruit Choice of Milk

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



**DAILY LUNCH ALTERNATIVES**

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

**YOGURT PARFAITS W CHEESE STICK & CEREAL OR HUMMUS W/ VEGETABLES AND PITA**

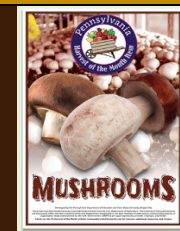
**What is a Meal?**  
choose at least 3/5 components available.  
A minimum of 1/2 cup serving of fruit AND/OR a minimum of 1/2 cup of vegetable must accompany a reimbursable lunch.

**Students must**  
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



FEBRUARY



MARCH

Adult Pricing:  
\$4.73- Lunch  
\$2.83 -Breakfast  
Students:  
LUNCH- FREE  
BREAKFAST- FREE

HIGHLANDS SCHOOL DISTRICT HAS PARTNERED WITH






**FARM TO SCHOOL "DIGGING DEEPER"**

