






Jr High School Lunch September 2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Quesadilla Rice & Churro Mini Peppers Fruit & Milk
4 	5 Hamburger Tater Tots Lettuce & Tomato Carrots Fruit & Milk	6 Pepperoni Ripper Salad & Tomato Cookie Fruit & Milk	7 Corn Dog Shoestring Fries Broccoli Fruit & Milk	8 Burrito Salad & Tomato Cucumber Cheese Sauce Fruit & Milk
11 Chicken McHighland Shoestring Fries Carrots Sl. Tomato Fruit & Milk	12 Taco Refried Beans Lettuce & Tomato Baby Carrots Fruit & Milk	13 Chicken Drum Stick Mashed Potatoes & Gravy Roll with Butter Cucumber Fruit & Milk	14 Pepperoni Ripper Salad & Tomato Cookie Fruit & Milk 	15 Teriyaki Dippers Yakisobi Noodles Mini Peppers Cucumber Fruit & Milk
18 Hamburger Tater Tots Lettuce & Tomato Carrots Fruit & Milk	19 Nachos Refried Beans Mini Peppers Cucumber Fruit & Milk	20 Corn Dog Shoestring Fries Broccoli Fruit & Milk	21 Sloppy Joe Dorito Chips Broccoli Slaw Mini Peppers Fruit & Milk	22 Pepperoni Ripper Salad & Tomato Cookie Fruit & Milk
25 Chicken McHighland Tater Tots Carrots Sl. Tomato Fruit & Milk	26 Chili & Fritos Cheddar Cheese Cucumber & Carrots Ice Cream Cup Fruit & Milk	27 Chicken Quesadilla Rice & Churro Mini Peppers Fruit & Milk	28 Pepperoni Ripper Salad & Tomato Cookie Fruit & Milk	29 Chicken Nuggets Mashed Potatoes Cucumber Goldfish Cracker Fruit & Milk

Always 1% white or non fat chocolate milk and Silk (lactose free) white or chocolate milk provided.

Fresh and Canned fruit always served with Lunch. Highland schools are an equal opportunity provider.

Highland School Wellness Policy available for review upon request.