

# JR High School Lunch **October** 2023

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Hamburger Tater Tots Lettuce & Tomato Carrots Fruit & Milk	<b>3</b> Nachos Refried Beans Mini Peppers Cucumber Fruit & Milk	<b>4</b> Pepperoni Ripper Salad & Tomato Cookie Fruit & Milk	<b>5</b> BBQ Patty Burger Tater Tots Broccoli Slaw Carrots Fruit & Milk	<b>6</b> Chicken Nuggets Mashed Potatoes Cucumber Goldfish Cracker Fruit & Milk
<b>9</b> Chicken McHighland Tater Tots Carrots Sl. Tomato Fruit & Milk	<b>10</b> Pepperoni Ripper Salad & Tomato Cookie Fruit & Milk & Fruit	<b>11</b> Corn Dog Shoestring Fries Broccoli Carrots Fruit & Milk	<b>12</b> Chili & Fritos Cheddar Cheese Cucumber & Carrots Ice Cream Cup Fruit & Milk	<b>13</b> Hamburger Tater Tots Lettuce & Tomato Carrots Fruit & Milk
<b>16</b> Sun Butter Sandwich Reg. Sun Chips Fruit Cup Broccoli & Ranch Milk	<b>17</b> Ham & Cheese Sandwich Nacho Chips Fruit Cup Baby Carrots & Ranch Milk	<b>18</b> Sun Butter Sandwich Reg. Sun Chips Fruit Cup Broccoli & Ranch Milk	<b>19</b> Ham & Cheese Sandwich Nacho Chips Fruit Cup Baby Carrots & Ranch Milk	<b>20</b> Sun Butter Sandwich Reg. Sun Chips Fruit Cup Broccoli & Ranch Milk
<b>23</b> Pepperoni Ripper Salad & Tomato Cookie Fruit & Milk	<b>24</b> Sloppy Joe Dorito Chips Broccoli Slaw Mini Peppers Fruit & Milk	<b>25</b> Chicken Drum Stick Mashed Potatoes & Gravy Roll with Butter Cucumber Fruit & Milk	<b>26</b> Taco Refried Beans Lettuce & Tomato Baby Carrots Fruit & Milk	<b>27</b> Chicken McHighland Tater Tots Carrots Sl. Tomato Fruit & Milk
<b>30</b> Burrito Salad & Tomato Cucumber Cheese Sauce Fruit & Milk	<b>31</b> Pepperoni Ripper Salad & Tomato Cookie Fruit & Milk			<b>Please Remember</b> We are a Peanut Free District <b>DO Not</b> bring or send Candy or Items that contain Peanut.

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.