

# T.I.S. Lunch September 2023

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

Nonfat Chocolate, 1% Wt White Milk is served with every meal. Silk (Lactose Free Soy) Vanilla & Chocolate is also provided.

Menus are subject to change on availability

Highland schools are an equal opportunity provider. Highland School Wellness Policy available for review upon request.