

T.I.S. School Lunch **October** 2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger Tater Tots Tomato & Carrots Fruit & Milk 	3 Nachos with Tostitos Refried Beans Cucumber & Peppers Fruit & Milk	4 Pizza Green Salad w/Veggies Cookie Fruit & Milk 	5 BBQ Patty Burger Tater Tots Broccoli Slaw Baby Carrots Fruit & Milk	6 Chicken Nuggets Mashed Potatoes Cucumber Fruit & Milk
9 Chicken McHighland Tater Tots Baby Carrots Fruit & Milk 	10 Pizza Green Salad w/Veggies Cookie Fruit & Milk	11 Corn Dog Shoestring Fries Broccoli Fruit & Milk	12 Chili with Fritos String Cheese Cucumber & Carrots Ice Cream Cup Fruit & Milk	13 Hamburger Tater Tots Tomato & Carrots Fruit & Milk 
16 Sun Butter Sandwich Reg. Sun Chips Fruit Cup Broccoli & Ranch Milk 	17 Ham & Cheese Sandwich Nacho Chips Fruit Cup Milk	18 Sun Butter Sandwich Reg. Sun Chips Fruit Cup Broccoli & Ranch Milk	19 Ham & Cheese Sandwich Nacho Chips Fruit Cup Baby Carrots & Ranch Milk	20 Sun Butter Sandwich Reg. Sun Chips Fruit Cup Broccoli & Ranch Milk
23 Pizza Green Salad w/Veggies Cookie Fruit & Milk	24 Sloppy Joe w/Bun Dorito Chips Broccoli Slaw Mini Peppers Fruit & Milk	25 Baked Chicken Mashed Potatoes & Gravy Roll with Butter Baby Carrots Fruit & Milk	26 Taco Refried Beans Lettuce & Tomato Baby Carrots Fruit & Milk 	27 Chicken McHighland Tater Tots Baby Carrots Fruit & Milk
30 Burrito Green Salad & Cucumber Cherry Tomato Cheese Sauce Fruit & Milk	31 Pizza Green Salad w/Veggies Cookie Fruit & Milk			

Nonfat Chocolate, 1% White 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.