

Highlands Latin School First Trimester Lunch Menu – 2014-15

(Each lunch comes with milk, fruit and dessert. Fruit and dessert may vary on occasion.)

** items denote gluten free entrée, gluten free crackers may be substituted for bread items, gluten free desserts are available*

9/2 – Pizza, Caesar salad, melon slices, brownie

9/3 – Cheese quesadilla, Spanish rice, Mexican salad, oranges, molasses cookie

9/4 – Spaghetti & meatballs, Caesar salad, garlic bread, apples, chocolate cake

9/5 – Make Your Own Sack Lunch – choice of sandwich, chips/pretzels, berries, veggies & dip, oatmeal cookie

9/9 – Swedish meatballs, green beans, watermelon, chocolate chip cookie bar

9/10 * Bean soup, smoked sausage, cucumber tomato salad, peaches, apple crisp

9/11 * Pork fried rice, oriental salad, egg roll, oranges, whole wheat sugar cookie

9/12 – Rotini pasta w/ marinara or meat sauce, Caesar salad, garlic bread, applesauce, chocolate cake

9/16 * Taco salad bar, black bean corn salsa, fruit and yogurt w/ granola, applesauce spice cake

9/17 – Noodles Romanoff, Caesar salad, garlic bread, watermelon, brownie

9/18 * Arroz con pollo (Chicken w/ rice), green beans, roll, applesauce, rice krispie treat

9/19 * Loaded potatoes, lemon parmesan broccoli, oranges, snicker doodle cookie

9/23 – Fettuccine Alfredo w/chicken cream sauce, Caesar salad, garlic bread, apples, oatmeal chocolate chip cookie

9/24 – Beefaroni, broccoli salad, roll, oranges, yellow cake

9/25 – Breakfast for Lunch – scrambled eggs, sausage links, biscuit & gravy, jam, bananas, blueberry muffin

9/26 – Sloppy Joes, veggie pasta salad, chips, watermelon, brownie

9/30 – Beef & noodles, green beans, French bread, apples, lemon bar

10/1 * Rice & red beans, mixed greens, cornbread, pineapple, chocolate pudding

10/2 – Grilled cheese & tomato soup, side salad, mixed berries, white chocolate chip cookies

10/3 – BBQ sandwich, coleslaw, chips, watermelon, molasses cookie

10/7 – Mac-n-cheese, BBQ dogs, zucchini crisp, orange slices, brownie

10/8 – Homemade chicken tenders, roasted potatoes, romaine salad, apples, chocolate chip cookie bar

10/9 – Meatloaf, mashed potatoes, glazed carrots, roll, applesauce, yellow cake

10/10 – Rigatoni pasta w/ marinara, Caesar salad, garlic bread, berries, pumpkin cookie

10/14 – Pizza, Caesar salad, melon slices, brownie

10/15 * Spanish rice, refried beans, tortilla chips, Mexican salad, oranges, molasses cookie

10/16 – Spaghetti & meatballs, Caesar salad, garlic bread, apples, chocolate cake

10/17 – White chicken chili, side salad, cornbread, peaches, pumpkin cookie

10/21 – Swedish meatballs, green beans, watermelon, chocolate chip cookie bar

10/22 * Bean soup, smoked sausage, cucumber tomato salad, peaches, apple crisp

10/23 * Pork fried rice, oriental salad, egg roll, oranges, whole wheat sugar cookie

10/24 – Rotini pasta w/ marinara or meat sauce, Caesar salad, garlic bread, applesauce, chocolate cake

10/28 * Taco salad bar, black bean corn salsa, fruit and yogurt w/ granola, rice krispie treat

10/29 – Noodles Romanoff, Caesar salad, garlic bread, watermelon, applesauce spice cake

10/30 * Harvest Lunch – Red chili, romaine salad, cornbread, apples, special dessert

10/31- Loaded potatoes, lemon parmesan broccoli, oranges, snicker doodle cookie

11/4 – Make Your Own Sack Lunch – choice of sandwich, chips/pretzels, berries, veggies & dip, oatmeal cookie

11/5 – Beefaroni, broccoli salad, roll, oranges, yellow cake

11/6 – Breakfast for Lunch – scrambled eggs, sausage links, biscuit & gravy, jam, bananas, blueberry muffin

11/7 – Sloppy Joes, coleslaw, chips, watermelon, brownie

11/11 – Beef & noodles, green beans, French bread, apples, lemon bar
11/12 * Rice & red beans, mixed greens, cornbread, pineapple, chocolate pudding
11/13 – Grilled cheese & tomato soup, side salad, mixed berries, white chocolate chip cookies
11/14 – BBQ sandwich, veggie pasta salad, chips, watermelon, molasses cookie

11/18 – Mac-n-cheese, BBQ dogs, zucchini crisp, orange slices, chocolate cake
11/19 – Homemade chicken tenders, roasted potatoes, romaine salad, apples, chocolate chip cookie bar
11/20 – Thanksgiving–Turkey & dressing, gravy, green beans, mashed potatoes, roll, applesauce, pumpkin cookie
11/21 – Rigatoni pasta w/ marinara, Caesar salad, garlic bread, berries, brownie