

Highlands Latin School

First Trimester Lunch Menu - 2021-22

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

8/24 Pizza, Caesar salad, watermelon, brownie

8/25 Beefaroni, glazed carrots, roll, apple slices, chocolate chip cookie bar

8/26 Pork fried rice, egg roll, Asian slaw, oranges, whole wheat sugar cookie

8/27 Loaded Potatoes, french bread, roasted broccoli, pineapple, molasses squares

8/31 Penne Pasta w/meat sauce or marinara, Caesar salad, garlic bread, apple slices, carrot cake

9/1 Beef and noodles, peas and carrots, roll, pineapple, lemon bar

9/2 Arroz con Pollo (chicken and rice), green beans, roll, watermelon, rice krispie treat

9/3 Chicken Enchilada Casserole, cornbread, salad, oranges, chocolate pudding

9/7 Cheese Quesadilla, Spanish rice, refried beans, salad, grapes, yellow cake

9/8 Meatloaf, mashed potatoes, roll, glazed carrots, apple slices, brown sugar bar

9/9 Breakfast for Lunch-Cheese omelet, sausage, zucchini and tomato casserole, biscuit and gravy, oranges, blueberry muffin top

9/10 BBQ Sandwich, potato chips, coleslaw, pineapple, blonde brownie

9/14 Taco salad bar, black bean and corn salsa, tortilla chips, fruit & yogurt w/granola, whole wheat sugar cookie

9/15 Noodles Romanoff, sauteed vegetables, garlic bread, sliced apples, chocolate chip cookie bar

9/16 Mac & Cheese, hot dog, roasted vegetable medley, watermelon, apple crisp

9/17 Chicken Pot Pie, biscuit, salad, applesauce, oatmeal fudge bar

9/21 Black bean, rice, cheese and roasted vegetable burrito, salad, pineapple, snickerdoodle

9/22 Shepherd's Pie, biscuit, salad, apple slices, yellow cake

9/23 Homemade chicken tenders, roasted potatoes, green beans, oranges, chocolate cookie bar

9/24 Meatball Sub, chips, Caesar salad, oranges, chocolate chip cookie bar

9/28 Chicken enchilada casserole, cornbread, sauteed vegetables, pineapple, molasses squares

9/29 Baked cheese and sausage rigatoni, Caesar salad, garlic bread, grapes, lemon bar

9/30 Grilled cheese and tomato soup, roasted vegetables, applesauce, brownie

10/1 Sloppy Joe, roasted sweet potatoes, sauteed vegetables, grapes, oatmeal butterscotch cookie

10/5 Penne Pasta w/meat or marinara sauce, Caesar salad, garlic bread, pineapple, blonde brownie

10/6 Beefaroni, glazed carrots, roll, apple slices, pumpkin bar

10/7 Pork fried rice, egg roll, Asian salad, oranges, lemon bar

10/8 Swedish meatballs w/egg noodles, peas and carrots, peaches, whole wheat sugar cookie

10/12 Taco salad bar, black bean and corn salsa, tortilla chips, fruit & yogurt w/granola, molasses squares

10/13 Meatloaf, mashed potatoes, glazed carrots, roll, apple slices, rice krispie treat

10/14 Breakfast for Lunch-Cheese omelet, sausage, zucchini and tomato casserole, biscuit & gravy, oranges, blueberry crumb cake

10/15 Loaded Potatoes, French bread, roasted broccoli, grapes, brown sugar bar

10/19 Pasta Primavera, Caesar salad, garlic bread, pineapple, snickerdoodle cookie

10/20 Shepherd's Pie, salad, biscuit, oranges, lemon bar

10/21 Homemade chicken tenders, roasted potatoes, green beans, apple slices, blonde brownie

10/22 Chicken enchilada casserole, cornbread, vegetables and dip, peaches, chocolate cake

10/26 Cheese Quesadilla, Spanish rice, refried beans, salad, oranges, whole wheat sugar cookie

10/27 Chicken Pot Pie, biscuit, salad, grapes, butterscotch oatmeal bar

10/28 Harvest Lunch-Red Chili, roasted sweet potatoes, cornbread, green beans, apple slices, special dessert

10/29 BBQ sandwich, chips, coleslaw, pineapple, chocolate chip cookie bar

11/2 Black Bean, rice, cheese and roasted vegetable burrito, salad, apple slices, brownie

11/3 Swedish meatballs w/egg noodles, roll, peas and carrots, pineapple, yellow cake

11/4 Mac & Cheese, hot dog, roasted vegetables, oranges, apple crisp

11/5 BBQ chicken pizza, salad, peaches, oatmeal fudge bar

11/9 Noodles Romanoff, roasted broccoli, garlic bread, pineapple, brown sugar cookie bar

11/10 Arroz con Pollo (chicken and rice), green beans, roll, grapes, chocolate pudding

11/11 Beef & Noodles, peas and carrots, apple slices, chocolate cookie bar

11/12 Meatball sub, Caesar salad, chips, oranges, molasses squares

11/16 Grilled cheese and chicken noodle soup, salad, pineapple, snickerdoodle cookie

11/17 Red beans and rice, cornbread, roasted broccoli, oranges, rice krispie treat

11/18 Thanksgiving Dinner- Turkey & dressing, mashed potatoes, gravy, roll, green beans, apple slices, pumpkin bars

11/19 White chicken chili, cornbread, salad, grapes, chocolate cake

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Second Trimester Lunch Menu - 2021-22

11/30 Pizza, Caesar salad, pineapple, brownie

12/1 Beefaroni, glazed carrots, roll, apple slices, pumpkin bar

12/2 Pork fried rice, egg roll, Asian slaw, oranges, chocolate cake

12/3 Loaded Potatoes, French bread, roasted broccoli, applesauce, whole wheat sugar cookie

12/7 Pasta primavera, Caesar salad, garlic bread, apple slices, blonde brownie

12/8 Red beans and rice, cornbread, roasted vegetables, pineapple, rice krispie treat

12/9 Christmas Dinner-Roast Beef, mashed potatoes, gravy, roll, green beans, oranges, special dessert

12/10 Red Chili, cornbread, glazed carrots, fruit & yogurt, oatmeal butterscotch cookie

12/14 Cheese Quesadilla, refried beans, Spanish rice, salad, oranges, yellow cake

12/15 Arroz con Pollo (chicken and rice), green beans, roll, apple slices, snickerdoodle cookie

1/4 Pizza, Caesar salad, pineapple, brownie

1/5 Grilled cheese and tomato Soup, roasted vegetables, apple slices, brown sugar bar

1/6 Taco salad bar, black bean and corn salsa, tortilla chips, fruit & yogurt w/granola, oatmeal cookie

1/7 Baked cheese and sausage rigatoni, Caesar salad, garlic bread, oranges, lemon bar

1/11 Chicken Enchilada Casserole, cornbread, salad, oranges, rice krispie treat

1/12 Noodles Romanoff, roasted broccoli, garlic bread, apple slices, blonde brownie

1/13 Homemade chicken tenders, roasted potatoes, green beans, pineapple, chocolate cookie bar

1/14 BBQ sandwich, coleslaw, chips, grapes, butterscotch chip cookie bar

1/18 Penne pasta w/chicken cream sauce, Caesar salad, garlic bread, oranges, apple crisp

1/19 Black bean, rice, cheese and roasted vegetable burrito, salad, pineapple, brown sugar cookie bar

1/20 Breakfast for Lunch-Cheese omelet, sausage, zucchini and tomato casserole, biscuit & gravy, fruit & yogurt w/granola, cinnamon roll cookie

1/21 Sloppy Joe, roasted sweet potatoes, vegetables and dip, peaches, pumpkin bar

1/25 Cheese Quesadilla, refried beans, Spanish rice, salad, oranges, whole wheat sugar cookie

1/26 Beefaroni, glazed carrots, roll, apple slices, snickerdoodle cookie

1/27 Pork fried rice, egg roll, Asian salad, pineapple, chocolate cookie bar

1/28 BBQ chicken pizza, roasted broccoli, grapes, apple crisp

2/1 Mac & Cheese, hot dog, roasted vegetable medley, apple slices, chocolate chip cookie bar
2/2 Grilled cheese and tomato soup, salad, pineapple, brownie
2/3 Homemade chicken tenders, roasted potatoes, green beans, oranges, lemon bar
2/4 White chicken chili, cornbread, salad, apple slices, molasses squares

2/8 Loaded Potatoes, French bread, roasted broccoli, pineapple, chocolate chip cookie bar
2/9 Chicken enchilada casserole, salad, applesauce, butterscotch oatmeal cookie
2/10 Valentine's Day Lunch-Spaghetti & Meatballs, Caesar salad, garlic bread, oranges, special
dessert
2/11 BBQ chicken pizza, roasted broccoli, grapes, apple crisp

2/15 Black bean, rice, roasted vegetables and cheese burrito, salad, apple slices, chocolate
cake

2/16 Pasta w/meat or marinara sauce, Caesar salad, garlic bread, oranges, rice krispie treat
2/17 Breakfast for Lunch-Cheese omelet, sausage, zucchini and tomato casserole, biscuit and
gravy, fruit & yogurt w/granola, blueberry muffin top
2/18 Meatball Sub, chips, Caesar salad, peaches, whole wheat sugar cookie

2/22 Taco salad bar, black bean and corn salsa, tortilla chips, fruit & yogurt w/granola,
Lemon bar

2/23 Arroz con Pollo (chicken and rice), green beans, roll, pineapple, snickerdoodle cookie
2/24 Swedish meatballs w/egg noodles, roll, peas and carrots, apple slices, brownie
2/25 Noodles Romanoff, sauteed vegetables, garlic bread, peaches, blonde brownie

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Third Trimester Lunch Menu - 2021-22

3/15 Pizza, Caesar salad, pineapple, brownie

3/16 Pork fried rice, egg roll, Asian slaw, oranges, lemon bar

3/17 St. Patrick's Day Lunch-Beef & Noodles, buttered cabbage, roll, apple slices, Irish cookie

3/18 Black bean, rice, cheese and roasted vegetable burrito, salad, grapes, blonde brownie

3/22 Beefaroni, roasted sweet potatoes, salad, roll, oranges, snickerdoodle cookie

3/23 Arroz con Pollo (chicken and Rice), green beans, roll, pineapple, chocolate cake

3/24 BBQ Sandwich, coleslaw, chips, grapes, brownie

3/25 Pasta Primavera, Caesar salad, garlic bread, apple slices, oatmeal fudge bar

3/29 Cheese Quesadilla, Spanish rice, refried beans, salad, oranges, rice krispie treat

3/30 Shepherd's Pie, salad, biscuit, watermelon, chocolate cookie bar

3/31 Breakfast for Lunch-Cheese omelet, sausage, zucchini and tomato casserole, biscuit and gravy, fruit & yogurt w/granola, blueberry crumb cake

4/1 Noodles Romanoff, Caesar salad, garlic bread, pineapple, whole wheat sugar cookie

4/5 Chicken enchilada casserole, cornbread, salad, oranges, yellow cake

4/6 Meatloaf, mashed potatoes, glazed carrots, roll, apple slices, molasses squares

4/7 Swedish meatballs w/egg noodles, peas and carrots, roll, pineapple, butterscotch oatmeal cookie bar

4/8 Loaded Potatoes, French bread, roasted broccoli, peaches, chocolate chip cookie bar

4/12 Taco salad bar, black bean and corn salsa, tortilla chips, oranges, brownie

4/13 Red beans and rice, salad, cornbread, apple slices, chocolate chip cookie bar

4/14 Easter Dinner-Ham, mashed potatoes, green beans, pineapple, special dessert

4/19 Pasta w/meat or marinara sauce, Caesar salad, garlic bread, pineapple, blonde brownie

4/20 Beefaroni, glazed carrots, roll, oranges, lemon bar

4/21 Homemade chicken tenders, roasted potatoes, green beans, apple slices, brownie

4/22 Meatball sub, Caesar salad, chips, watermelon, snickerdoodle cookie

4/26 Chicken Pot Pie, salad, biscuit, oranges, chocolate cookie bar

4/27 Black bean, rice, cheese and roasted vegetable burrito, salad, pineapple, yellow cake

4/28 Pork fried rice, egg roll, Asian salad, apple slices, molasses squares

4/29 BBQ Sandwich, coleslaw, potato salad, watermelon, whole wheat sugar cookie

5/3 Cheese Quesadilla, refried beans, Spanish rice, salad, oranges, whole wheat sugar cookie
5/4 Shepherd's Pie, salad, cheese biscuit, watermelon, lemon bar
5/5 Derby Lunch-Kentucky Hot Brown, roasted broccoli, fruit salad, special dessert
5/6 Penne pasta w/chicken cream sauce, Caesar salad, garlic bread, pineapple, snickerdoodle cookie

5/10 Taco salad bar, black bean and corn salsa, tortilla chips, fruit & yogurt w/granola, oatmeal fudge bar
5/11 Penne Pasta w/meat sauce, Caesar salad, garlic bread, watermelon, chocolate cookie bar
5/12 Arroz con Pollo (chicken and rice), green beans, roll, pineapple, rice krispie treat
5/13 Grilled cheese sandwich and tomato soup, salad, grapes, molasses squares

5/17 Make your own sack lunch-choice of entree, vegetable, fruit, snack, dessert
5/18 Swedish meatballs w/egg noodles, peas and carrots, roll, watermelon, chocolate cake
5/19 Breakfast for Lunch-Cheese omelet, sausage, zucchini and tomato casserole, biscuit and gravy, fruit & yogurt w/granola, blueberry muffin top
5/20 Loaded Potatoes, French bread, roasted broccoli, pineapple, chocolate chip cookie bar

5/24 Chicken enchilada casserole, salad, cornbread, oranges, whole wheat sugar cookie
5/25 Noodles Romanoff, roasted vegetables, garlic bread, pineapple, brown sugar bar
5/26 Pizza, Caesar salad, watermelon, ice cream sundae bar