Highlands Latin School

**First Trimester Lunch Menu** - 2022-23

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

8/23 Pizza, Caesar salad, watermelon, brownie

8/24 Beefaroni, glazed carrots, roll, apple slices, chocolate chip cookie

8/25 Pork fried rice, egg roll, Asian slaw, oranges, whole wheat sugar cookie

8/26 Loaded Potatoes, french bread, roasted broccoli, pineapple, molasses squares

8/30 Penne Pasta w/meat sauce or marinara, Caesar salad, garlic bread, apple slices, snickerdoodle cookie

8/31 Beef and noodles, peas and carrots, pineapple, lemon bar

9/1 Arroz con Pollo (chicken and rice), green beans, roll, watermelon, rice krispie treat

9/2 Chicken Enchilada Casserole, cornbread, salad, oranges, chocolate pudding

9/6 Cheese Quesadilla, Spanish rice, refried beans, salad, grapes, yellow cake

9/7 Meatloaf, mashed potatoes, roll, glazed carrots, apple slices, brown sugar cookie

9/8 Breakfast for Lunch-Cheese omelet, sausage, zucchini and tomato casserole, biscuit and gravy, oranges, blueberry muffin top

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

9/13 Taco salad bar, black bean and corn salsa, tortilla chips, fruit & yogurt w/granola, whole wheat sugar cookie

9/14 Noodles Romanoff, sauteed vegetables, garlic bread, sliced apples, chocolate chip cookie

9/15 Mac & Cheese, hot dog, roasted vegetable medley, watermelon, apple crisp

9/16 Chicken Pot Pie, biscuit, salad, applesauce, oatmeal fudge bar

9/20 Black bean, rice, cheese and roasted vegetable burrito, salad, pineapple, chocolate crinkle cookie

9/21 Shepherd's Pie, cheese biscuit, salad, apple slices, yellow cake

9/22 Homemade chicken tenders, roasted potatoes, green beans, oranges, snickerdoodle cookie

9/23 Meatball Sub, chips, Caesar salad, peaches, chocolate chip cookie

9/27 Baked cheese and sausage rigatoni, Caesar salad, garlic bread, grapes, lemon bar

9/28 Cheeseburger casserole, cheese biscuit, salad, pineapple, chocolate pudding

9/29 Grilled cheese and tomato soup, roasted vegetables, applesauce, brownie

9/30 Sloppy Joe, roasted sweet potatoes, sauteed vegetables, grapes, oatmeal butterscotch cookie

10/4 Penne Pasta w/meat or marinara sauce, Caesar salad, garlic bread, pineapple, blonde brownie

10/5 Beefaroni, glazed carrots, roll, apple slices, pumpkin bar

10/6 Pork fried rice, egg roll, Asian salad, oranges, lemon bar

10/7 Swedish meatballs w/egg noodles, peas and carrots, peaches, whole wheat sugar cookie

10/11 Taco salad bar, black bean and corn salsa, tortilla chips, fruit & yogurt w/granola, rice krispie treat

10/12 Meatloaf, mashed potatoes, glazed carrots, roll, apple slices, molasses cookie

10/13 Breakfast for Lunch-Cheese omelet, sausage, zucchini and tomato casserole, biscuit & gravy, oranges, blueberry crumb cake

10/14 Loaded Potatoes, French bread, roasted broccoli, grapes, brown sugar cookie

10/18 Pasta Primavera, Caesar salad, garlic bread, pineapple, carrot cake

10/19 Shepherd's Pie, salad, cheese biscuit, oranges, lemon crinkle cookie

10/20 Homemade chicken tenders, roasted potatoes, green beans, apple slices, blonde brownie

10/21 Cheeseburger casserole, cheese biscuit, vegetables and dip, peaches, snickerdoodle cookie

10/25 Cheese Quesadilla, Spanish rice, refried beans, salad, oranges, whole wheat sugar cookie

10/26 Chicken Pot Pie, biscuit, salad, grapes, butterscotch oatmeal cookie

10/27 Harvest Lunch-Red Chili, roasted sweet potatoes, cornbread, green beans, apple slices, special dessert

10/28 BBQ sandwich, chips, coleslaw, pineapple, chocolate chip cookie

11/1 Black Bean, rice, cheese and roasted vegetable burrito, salad, apple slices, brownie

11/2 Swedish meatballs w/egg noodles, roll, peas and carrots, pineapple, yellow cake

11/3 Mac & Cheese, hot dog, roasted vegetables, oranges, apple crisp

11/4 BBQ chicken pizza, salad, peaches, oatmeal fudge bar

11/8 Make your own sack lunch-choice of entree, vegetable, fruit, snack, dessert

11/9 Arroz con Pollo (chicken and rice), green beans, roll, grapes, chocolate pudding

11/10 Beef & Noodles, peas and carrots, apple slices, chocolate crinkle cookie

11/11 Meatball sub, Caesar salad, chips, oranges, molasses cookie

11/15 Grilled cheese and chicken noodle soup, salad, pineapple, chocolate cake

11/16 Red beans and rice, cornbread, roasted broccoli, oranges, rice krispie treat

11/17 Thanksgiving Dinner- Turkey & dressing, mashed potatoes, gravy, roll, green beans, apple slices, pumpkin crisp

11/18 White chicken chili, cornbread, salad, grapes, snickerdoodle cookie

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**Second Trimester Lunch Menu** - 2022-23

11/29 Pizza, Caesar salad, pineapple, brownie 11/30 Beefaroni, glazed carrots, roll, apple slices, pumpkin bar 12/1 Pork fried rice, egg roll, Asian slaw, oranges, chocolate cake

12/2 Loaded Potatoes, French bread, roasted broccoli, applesauce, whole wheat sugar cookie

12/6 Pasta primavera, Caesar salad, garlic bread, apple slices, blonde brownie

12/7 Red beans and rice, cornbread, salad, pineapple, rice krispie treat

12/8 Christmas Dinner-Roast Beef, mashed potatoes, gravy, roll, green beans, oranges, special dessert

12/9 Sloppy Joe, roasted sweet potatoes, vegetables and dip, peaches, pumpkin bar

12/13 Cheese Quesadilla, refried beans, Spanish rice, salad, oranges, yellow cake

12/14 Arroz con Pollo (chicken and rice), green beans, roll, apple slices, snickerdoodle cookie

1/3 Pizza, Caesar salad, pineapple, brownie

1/4 Grilled cheese and tomato Soup, roasted vegetables, apple slices, brown sugar cookie

1/5 Taco salad bar, black bean and corn salsa, tortilla chips, fruit & yogurt w/granola, oatmeal cookie

1/6 Baked cheese and sausage rigatoni, Caesar salad, garlic bread, oranges, chocolate chip cookie

1/10 Beef Enchilada Casserole, cornbread, salad, oranges, rice krispie treat

1/11 Noodles Romanoff, roasted broccoli, garlic bread, apple slices, chocolate crinkle cookie

1/12 Homemade chicken tenders, roasted potatoes, green beans, pineapple, blonde brownie

1/13 BBQ sandwich, coleslaw, chips, grapes, butterscotch chip cookie

1/17 Penne pasta w/chicken cream sauce, Caesar salad, garlic bread, oranges, apple crisp 1/18 Black bean, rice, cheese and roasted vegetable burrito, salad, pineapple, brown sugar cookie 1/19 Breakfast for Lunch-Cheese omelet, sausage, zucchini and tomato casserole, biscuit & gravy, fruit & yogurt w/granola, cinnamon roll cookie

1/20 Red Chili, cornbread, glazed carrots, peaches, oatmeal butterscotch cookie

1/24 Cheese Quesadilla, refried beans, Spanish rice, salad, oranges, whole wheat sugar cookie 1/25 Beefaroni, glazed carrots, roll, apple slices, snickerdoodle cookie

1/26 Pork fried rice, egg roll, Asian salad, pineapple, lemon crinkle cookie

1/27 BBQ chicken pizza, roasted broccoli, grapes, apple crisp

1/31 Mac & Cheese, hot dog, roasted vegetable medley, apple slices, chocolate chip cookie

2/1 Grilled cheese and tomato soup, salad, pineapple, brownie

2/2 Homemade chicken tenders, roasted potatoes, green beans, oranges, lemon bar

2/3 White chicken chili, cornbread, salad, apple slices, molasses cookie

2/7 Loaded Potatoes, French bread, roasted broccoli, pineapple, chocolate chip cookie bar

2/8 Chicken enchilada casserole, salad, applesauce, butterscotch oatmeal cookie

2/9 Valentine’s Day Lunch-Spaghetti & Meatballs, Caesar salad, garlic bread, oranges, special dessert

2/10 BBQ chicken pizza, roasted broccoli, grapes, apple crisp

2/14 Taco salad bar, black bean and corn salsa, tortilla chips, apple slices,chocolate cake

2/15 Arroz con Pollo (chicken and rice), green beans, roll, pineapple, snickerdoodle cookie

2/16 Breakfast for Lunch-Cheese omelet, sausage, zucchini and tomato casserole, biscuit and gravy, fruit & yogurt w/granola, blueberry muffin top

2/17 Meatball Sub, chips, Caesar salad, peaches, whole wheat sugar cookie

2/21 Smoked sausage and potato casserole, cornbread, salad, pineapple, Fat Tuesday cupcake

2/22 Penne pasta w/meat or marinara sauce, Caesar salad, garlic bread, oranges, rice krispie treat

2/23 Swedish meatballs w/egg noodles, peas and carrots, apple slices, brownie

2/24 Noodles Romanoff, sauteed vegetables, garlic bread, peaches, blonde brownie

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**Third Trimester Lunch Menu** - 2022-23

3/14 Pi Day-Pizza pie, Caesar salad, pineapple, apple pie crisp

3/15 Noodles Romanoff, Caesar salad, garlic bread, oranges, lemon bar

3/16 St. Patrick’s Day Lunch-Beef & Noodles, buttered cabbage, roll, apple slices, Irish cookie

3/17 Black bean, rice, cheese and roasted vegetable burrito, salad, grapes, blonde brownie

3/21 Beefaroni, roasted sweet potatoes, salad, roll, oranges, snickerdoodle cookie

3/22 Arroz con Pollo (chicken and Rice), green beans, roll, pineapple, chocolate cake

3/23 BBQ Sandwich, coleslaw, chips, grapes, brownie

3/24 Pasta Primavera, Caesar salad, garlic bread, apple slices, oatmeal fudge bar

3/28 Cheese Quesadilla, Spanish rice, refried beans, salad, oranges, rice krispie treat

3/29 Shepherd’s Pie, salad, cheese biscuit, watermelon, lemon crinkle cookie

3/30 Breakfast for Lunch-Cheese omelet, sausage, zucchini and tomato casserole, biscuit and gravy, fruit & yogurt w/granola, blueberry crumb cake

3/31 Grilled cheese and tomato soup, roasted vegetables, grapes, whole wheat sugar cookie

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

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

4/6 Easter Dinner-Ham, mashed potatoes, green beans, pineapple, special dessert

4/11 Taco salad bar, black bean and corn salsa, tortilla chips, oranges, brownie

4/12 Red beans and rice, salad, cornbread, apple slices, chocolate chip cookie

4/13 Swedish meatballs w/egg noodles, peas and carrots, roll, pineapple, butterscotch oatmeal cookie

4/14 Loaded potatoes, French bread, roasted broccoli, grapes, whole wheat sugar cookie

4/18 Penne pasta w/meat or marinara sauce, Caesar salad, garlic bread, pineapple, blonde brownie

4/19 Beefaroni, glazed carrots, roll, oranges, lemon crinkle cookie

4/20 Homemade chicken tenders, roasted potatoes, green beans, apple slices, brownie

4/21 Meatball sub, Caesar salad, chips, watermelon, snickerdoodle cookie

4/25 Chicken Pot Pie, salad, biscuit, oranges, chocolate crinkle cookie

4/26 Black bean, rice, cheese and roasted vegetable burrito, salad, pineapple, yellow cake

4/27 Pork fried rice, egg roll, Asian salad, apple slices, molasses cookie

4/28 BBQ Sandwich, coleslaw, potato salad, watermelon, whole wheat sugar cookie

5/2 Cheese Quesadilla, refried beans, Spanish rice, vegetables and dip, oranges, whole wheat sugar cookie

5/3 Shepherd’s Pie, salad, cheese biscuit, watermelon, lemon bar 5/4 Derby Lunch-Kentucky Hot Brown, roasted broccoli, fruit salad, special dessert

5/5 Penne pasta w/chicken cream sauce, Caesar salad, garlic bread, pineapple, snickerdoodle cookie

5/9 Taco salad bar, black bean and corn salsa, tortilla chips, fruit & yogurt w/granola, oatmeal fudge bar 5/10 Penne Pasta w/meat sauce, Caesar salad, garlic bread, watermelon, chocolate crinkle cookie

5/11 Arroz con Pollo (chicken and rice), green beans, roll, pineapple, rice krispie treat

5/12 Grilled cheese sandwich and tomato soup, salad, grapes, molasses cookie

5/16 Make your own sack lunch-choice of entree, vegetable, fruit, snack, dessert

5/17 Swedish meatballs w/egg noodles, peas and carrots, roll, watermelon, chocolate cake

5/18 Breakfast for Lunch-Cheese omelet, sausage, zucchini and tomato casserole, biscuit and gravy, fruit & yogurt w/granola, blueberry muffin top

5/19 Loaded Potatoes, French bread, roasted broccoli, pineapple, chocolate chip cookie

5/23 Beef enchilada casserole, salad, cornbread, oranges, whole wheat sugar cookie

5/24 Noodles Romanoff, roasted vegetables, garlic bread, pineapple, brown sugar cookie

5/25 Pizza, Caesar salad, watermelon, ice cream sundae bar