



The Highlands School 4th - 12th Grade

August 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	31

the complete 'lunch tray'
 is your choice of entrée,
 plus daily fresh bakery and
 three (3) side items ***

"your Daily deli"
 turkey & Jack cheese on
 fresh baked whole grain roll
 **
 turkeyham/cheddar
 on whole wheat oat bread
 **
 chicken or tuna salad
 on whole wheat bagel
 **
 hummus or cheese wg
 wrap with veggies

"your way
 Salad Bar"
 or
 plated house salad(s)
 **
 fresh fruit salad box
 **
 fresh-cut veggies with
 ranch & hummus box
 **
 cheese & crackers
 with fresh fruit box

"your Daily bakery"
 * all fresh baked *
 * all whole grain (wg) *
 wg cookies
 wg muffins
 wg cereal bars
 * only baked chips and
 bagged snacks *

"your Daily beverages"
 choice of milk:
 FF chocolate
 1% lowfat white
 skim white
 **
 100% fruit juices
 **
 V-8 selections
 **
 bottled water

"always baked, never fried"

Notes:

"Sauces, beans, salads, pastas, bakery, brisket, chicken, etc...
 all scratch-cooked in-house with our recipes"

"Produce, Fruit, and other recipe ingredients sourced locally
 (when seasonally available)"

