
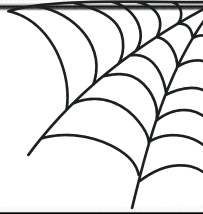


# October 2024 Menu Highland Elementary School

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 Chicken Taco (22) with Cheese and Fixings Mexican Rice (19) Broccoli, Celery, & Fruit (15)	2 Quesadilla Pizza (39) Corn (17) Fresh Vegetables Fruit (15)	3 Chicken Mac & Cheese (32) Breadstick (17) Romaine Lettuce & Fruit (15)	4 Hot Ham & Cheese (26) Baked Beans (23) Carrots Fruit (15)
7 Cheeseburger on a Bun (26) Broccoli & Carrots Fruit (15)	8 Pepperoni Pizza (32) Corn (17) Celery Fruit (15)	9 Pasta (38) & Meat Sauce (9) Breadstick (17) Cucumbers Carrots & Fruit (15)	10 Mr. Rib (35) Potato Smiles (20) Broccoli Fruit (15)	11 Grilled Cheese (30) Tomato Soup (17) Baked Beans (23) Fresh Vegetables & Fruit (15)
14 Brunch for Lunch! French Toast Sticks (60) Cheese Omelet Fresh Vegetables & Fruit (15)	15 Corn Dog (30) Baked Beans (23) Fresh Vegetables Fruit (15)	<h2>No School</h2> 		
21 Chicken Nuggets (15) Dinner Roll (14) Corn (17) Carrots & Fruit (15)	22 Hot Dog (28) Baked Beans (23) Broccoli & Fruit (15)	23 Deli Sandwich (26) Celery Red Peppers Fruit (15)	24 Cheese Pizza (35) Fresh Vegetables Fruit (15)	25 Italian Dunkers (30) Marinara Sauce (5) Fresh Vegetables Fruit (15)
28 No School	29 Chicken Strips (22) Dinner Roll (14) Potato Smiles (20) Carrots & Fruit (15)	30 Chicken Alfredo (60) Breadstick (17) Carrots & Cucumbers Fruit (15)	31 Mini Corndogs (30) Baked Beans (23) Broccoli Fruit (15)	

### Entrée Alternative

1st-5th Grades:  
Sunbutter Sandwich (27) String  
Cheese (1), Crackers (14)

4th & 5th Grade:  
Salad with Meat & Cheese (3)  
Bread Slice (14)  
Crackers (14)

### Prices

Students: FREE  
Adult Price: \$5.00  
Extra Milk: \$0.50  
Lactose Free Milk: \$1.00

### Daily Milk Choices

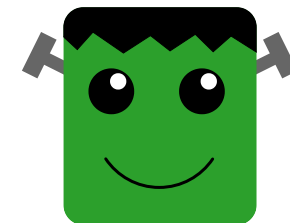
Plain Skim (13)  
Plain 1% (13)  
Chocolate Skim (20)  
Lactose Free (upon request)

### Carbohydrate Count

Numbers listed in parentheses  
( ) are the carbohydrate for that  
item in full.

### Questions?

Contact Emily Scheresky at  
emilyscheresky@isd593.org or  
218-281-5313 ext. 7



This Institution is an Equal Opportunity Provider  
All Menus are subject to change without notice due to supply chain, availability, and delivery changes.