



January 5 – February 12

middle school

Menu is subject to change without notice and is based on availability and seasonality of food items. Breakfast items are listed in purple italics. Lunch entrée choices are listed below in bold type. Every meal includes choice of milk. All side items are listed below the calendar and rotate throughout the week.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>WELCOME BACK!</p>	<p><i>Assorted Cereals & String Cheese</i></p> <p>Cheeseburger Rolleta</p> <p>Ham & Cheese Wrap</p>	<p><i>Breakfast Round</i></p> <p>BBQ Rib on a Bun</p> <p>Turkey & Cheese Salad w/Roll</p>	<p><i>Mini Waffles</i></p> <p>Beef & Bean Burrito</p> <p>SunButter & Jelly Sandwich</p>	<p><i>Muffin & Yogurt</i></p> <p>Meatloaf w/Gravy</p> <p>Ham & Cheese Salad w/Roll</p>
<p><i>Pancake on a Stick</i></p> <p>Chicken Fried Steak w/Country Gravy & Roll</p> <p>Ham & Pepperoni Salad w/Roll</p>	<p><i>Muffin & Yogurt</i></p> <p>Popcorn Chicken Bowl w/Roll</p> <p>Ham & Turkey w/Cheese Sandwich</p>	<p><i>Cinnimini</i></p> <p>Corn Dogs</p> <p>Popcorn Chicken Salad</p>	<p><i>Breakfast Pizza</i></p> <p>Chicken & Cheese Pasta Bake</p> <p>SunButter & Jelly Sandwich</p>	<p><i>Mini Waffles</i></p> <p>Ham & Cheese Melt</p> <p>Ham & Cheese Salad w/Roll</p>
<p><i>Breakfast Sandwich</i></p> <p>Salisbury Steak w/Gravy & Noodles</p> <p>Beef Nacho Salad w/Roll</p>	<p><i>Benefit Bar</i></p> <p>Orange Chicken w/Rice</p> <p>Chicken Salad Sandwich</p>	<p><i>Assorted Cereals & String Cheese</i></p> <p>Baked Potato w/Bacon & Cheese & Roll</p> <p>Chicken Ranch Salad w/Roll</p>	<p><i>Mini Pancakes</i></p> <p>Fish Fillet on a Bun</p> <p>Ham & Cheese Sandwich</p>	<p><i>Muffin & Yogurt</i></p> <p>Meatball Sub</p> <p>Popcorn Chicken Salad w/Roll</p>
<p><i>French Toast Mini</i></p> <p>Chicken Drumstick w/Roll</p> <p>Fruit, Cheese & Yogurt Platter w/Roll</p>	<p><i>Muffin & Yogurt</i></p> <p>Parmesan Chicken</p> <p>SunButter & Jelly Sandwich</p>	<p><i>Assorted Cereal & String Cheese</i></p> <p> Pancakes & Sausage Patty</p> <p>Buffalo Chicken Ranch Salad w/Roll</p>	<p><i>Pancake on a Stick</i></p> <p>Beef Soft Tacos</p> <p>Cheese Sandwich</p>	<p><i>Breakfast Round</i></p> <p>Baked Potato w/Chili & Cheese & Roll</p> <p>Ham & Cheese Salad w/Roll</p>
<p><i>Mini Waffles</i></p> <p>Fish Bites w/Mac & Cheese</p> <p>Bean Nacho Salad w/Roll</p>	<p><i>Cinnimini</i></p> <p>Chicken & Tater Tot Bowl w/Roll</p> <p>Ham, Turkey & Cheese Sandwich</p>	<p><i>Benefit Bar</i></p> <p>Ravioli & Garlic Toast</p> <p>Fruit, Cheese & Yogurt Platter w/Roll</p>	<p><i>Mini Pancakes</i></p> <p>Mozzarella Cheese Sticks w/Marinara</p> <p>Cheese Sandwich</p>	<p><i>Muffin & Yogurt</i></p> <p>Sloppy Joe</p> <p>Diced Chicken & Cheese Salad w/Roll</p>
<p><i>Breakfast Sandwich</i></p> <p>Chicken Alfredo Penne</p> <p>Pasta w/Roll</p> <p>Baja Chicken Salad w/Roll</p>	<p><i>Assorted Cereals & String Cheese</i></p> <p>Cheeseburger Rolleta</p> <p>Ham & Cheese Wrap</p>	<p><i>Breakfast Round</i></p> <p>BBQ Rib on a Bun</p> <p>Turkey & Cheese Salad w/Roll</p>	<p><i>Mini Waffles</i></p> <p>Beef & Bean Burrito</p> <p>SunButter & Jelly Sandwich</p>	<p><i>Muffin & Yogurt</i></p> <p>Meatloaf w/Gravy</p> <p>Ham & Cheese Salad w/Roll</p>

HIGHLAND PARK ISD 2020/2021

BREAKFAST
 Student*FREE*
(January 5–May 28, 2021)
 Faculty/Staff \$2.25

LUNCH
 Student*FREE*
(January 5–May 28, 2021)
 Faculty/Staff \$4.00

À la Carte item prices are posted at the schools.

This institution is an equal opportunity provider.



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NACHO BAR	PASTA BAR	NACHO BAR	PASTA BAR	NACHO BAR
Tortilla Chips add: Taco Meat, Beans & Cheese	choose: Mariana or Alfredo sauce to top off your Noodles add Chicken	Tortilla Chips add: Taco Meat, Beans & Cheese	choose: Mariana or Alfredo sauce to top off your Noodles add Chicken	Tortilla Chips add: Taco Meat, Beans & Cheese

DAILY FAVORITES

<i>Pizza by the slice • Cheeseburger</i>	<i>Pizza by the slice • Cheeseburger</i>	<i>Pizza by the slice • Cheeseburger</i>	<i>Pizza by the slice • Cheeseburger</i>	<i>Pizza by the slice • Cheeseburger</i>
<i>Corn Dog • Chicken Tenders</i>	<i>Corn Dog • Chicken Tenders</i>	<i>Corn Dog • Chicken Tenders</i>	<i>Corn Dog • Chicken Tenders</i>	<i>Corn Dog • Chicken Tenders</i>
<i>Regular ☞ Spicy</i>	<i>Regular ☞ Spicy</i>	<i>Regular ☞ Spicy</i>	<i>Regular ☞ Spicy</i>	<i>Regular ☞ Spicy</i>
<i>Premium Chicken Sandwich</i>	<i>Premium Chicken Sandwich</i>	<i>Premium Chicken Sandwich</i>	<i>Premium Chicken Sandwich</i>	<i>Premium Chicken Sandwich</i>

EVERYDAY SIDES (available seasonally, items rotate each day) Apple • Applesauce • Baby Carrots • Baked Beans • Banana • Broccoli (steamed or fresh) • Celery Sticks • Cucumber & Tomato Salad • Cucumber Slices • Diced Peaches • French Fries • Grapes • Green Beans • Kickin' Pinto Beans • Mandarin Oranges • Mashed Potatoes • Mixed Fruit Cup • Orange Glazed Carrots • Pears • Peas & Carrots • Mixed Veggies • Pineapple • Red Pepper Strips • Romaine Side Salad • Seasoned Corn • Sweet Potato Fries • Steamed Squash • Tater Bites • Tomato slices • Watermelon • Zucchini (roasted or fresh) • Apple Juice • Fruit Juice • Grape Juice • Orange Juice | **MILK** Skim Milk • Skim Chocolate Milk

THE LUNCH PROGRAM The "Offer Vs Serve" Lunch Program was designed by the federal government to eliminate food waste. This program requires each student (K–12th grade) to choose at least 3 of the 5 components each day. Their choices must include 1 fruit and/or vegetable and at least two more of the items offered. We encourage them to take all five items each day. Lunch serving consists of Entrée (meat/meat/alternates), fruits, vegetables, grains/breads, assortment of low-fat milk.