

Highland Prep Surprise October 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Daily Breakfast options may include: Muffin, Cereal, Yogurt Parfait, 2 Go-gurts, English Muffin, Bagel, 2 Nutrigrain bars, 2 Granola Bars, Waffle, Toast, Pan Dulce. 1 Cheese Stick with a choice from above Breakfast comes with milk, 1 cup of fruit which can be 2 choices ½ c each including 1 fruit and 1 Juice or 2 fruit	*Choice of fat free White, Chocolate or Strawberry milk with all meals *Sub sandwich lunch choice is Turkey. *All Grain items meet the Whole grain requirements for the National school lunch and breakfast program. *All menu items are subject to substitution without notice. *There will be 2 lunch choices plus a small amount of Sub sandwiches for each lunch.	OCTOBER 	1. Daily Breakfast Options Oranges & Juice Chef's Choice	2. Daily Breakfast Options Banana & Juice Pepperoni OR Cheese Pizza WG Crust Salad Broccoli and Celery Sticks Pasta Salad with Ranch veggies and cheese Pineapple & WG Cookie
5. Daily Breakfast Options Apple & Juice Lunch Choices: Chicken Tenders French Fries Cucumbers WG Crackers Fruit of the day Cheeseburger or Sub	6. Daily Breakfast Options Melon & Juice Lunch Choices: Chicken Burrito Pinto Beans Broccoli Rice WG Chips and diced tomato Salsa Fruit of the day Beef Nachos or Sub	7. Daily Breakfast Options Grapes & Juice Lunch Choices: WING WEDNESDAY (Honey-Hot) w/ WG Crackers Carrots & Celery French Fries Fruit of the day Cheeseburger or Sub	8. Daily Breakfast Options Oranges & Juice Lunch Choices: Pizza Pasta Garlic Bread Corn Salad Fruit of the day Beef Nacho's or Sub	9. Daily Breakfast Options Banana & Juice Pepperoni OR Cheese Pizza WG Crust Salad Carrots and Celery Sticks Pasta Salad with Ranch veggies and cheese Pineapple & WG Cookie
12. 	13. NO SCHOOL FALL BREAK	14. 	15. NO SCHOOL FALL BREAK	16. 
19. Daily Breakfast Options Apple & Juice Lunch Choices: Grilled Ham & Cheese French Fries Cucumbers Goldfish Fruit of the day Cheeseburger or Sub	20. Daily Breakfast Options Melon & Juice Lunch Choices: Chicken Tacos Rice with Veggies Corn Fruit of the day Quesadilla or Sub	21. Daily Breakfast Options Grapes & Juice Lunch Choices: WING WEDNESDAY (BBQ) w/ WG Crackers Carrots & Celery French Fries Fruit of the day Cheeseburger or Sub	22. Daily Breakfast Options Oranges & Juice Lunch Choices: KFC Bowl- Corn, mashed potatoes & chicken Wg Crackers Fruit of the day Chicken Quesadilla or Sub	23. Daily Breakfast Options Banana & Juice Pepperoni OR Cheese Pizza WG Crust Salad Carrots and Celery Sticks Pasta Salad with Ranch veggies and cheese Pineapple & WG Cookie
26. Daily Breakfast Options Apple & Juice Lunch Choices: Chicken Sandwich French Fries Corn Pretzels Fruit of the day Cheeseburger or Sub	27. Daily Breakfast Options Melon & Juice Lunch Choices: Spaghetti Garlic Bread Corn Salad Fruit of the day Beef Nachos or Sub	28. Daily Breakfast Options Grapes & Juice Lunch Choices: WING WEDNESDAY (Terriyaki) w/ WG Crackers Carrots & Celery French Fries Fruit of the day Cheeseburger or Sub	29. Daily Breakfast Options Oranges & Juice Lunch Choices: Orange Chicken Rice with Veggies Broccoli Fruit of the day Beef Nacho's or Sub	30. Daily Breakfast Options Banana & Juice 
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