

Highland Prep Surprise September 2026 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
	1. Daily Breakfast Options Melon & Juice Chef's Choice	2. Daily Breakfast Options Grapes & Juice Lunch Choices: WING WEDNESDAY (Hot) w/ WG Crackers Carrots & Celery French Fries Fruit of the day Cheeseburger or Sub	3. Daily Breakfast Options Oranges & Juice Lunch Choices: Chicken Alfredo Garlic Bread Corn Salad Fruit of the day Grilled Cheese or Sub	4. 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
7. Daily Breakfast Options Apple & Juice Lunch Choices: Hot Dog French Fries Pickles Pretzels Fruit of the day Cheeseburger or Sub	8. 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	9. 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	10. Daily Breakfast Options Oranges & Juice Lunch Choices: Spaghetti & Meat Sauce Garlic Bread Corn Salad Fruit of the day Grilled Cheese or Sub	11. 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
14. Daily Breakfast Options Apple & Juice Lunch Choices: Chicken Tenders French Fries Carrots Wg Crackers Fruit of the day Cheeseburger or Sub	15. Daily Breakfast Options Melon & Juice Lunch Choices: Pizza Pasta Salad Carrots Fruit of the day Roll or Bread Grilled Ham & Cheese or Sub	16. Daily Breakfast Options Grapes & Juice Lunch Choices: WING WEDNESDAY (S&S) w/ WG Crackers Carrots & Celery French Fries Fruit of the day Cheeseburger or Sub	17. Daily Breakfast Options Oranges & Juice Lunch Choices: Taquitos Refried Beans Corn Rice WG Chips and diced tomato Salsa Fruit of the day Chicken Nachos or Sub	18. 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
21. Daily Breakfast Options Apple & Juice Lunch Choices: Corn Dog French Fries Cucumbers Goldfish Fruit of the day Cheeseburger or Sub	22. Daily Breakfast Options Melon & Juice Lunch Choices: Teriyaki Chicken Rice with Veggies Broccoli Fruit of the day Quesadilla or Sub	23. Daily Breakfast Options Grapes & Juice Lunch Choices: WING WEDNESDAY(BBQ) w/ WG Crackers Carrots & Celery French Fries Fruit of the day Cheeseburger or Sub	24. Daily Breakfast Options Oranges & Juice Lunch Choices: KFC Bowl- Corn, mashed potatoes & chicken Wg Crackers Fruit of the day Grilled Cheese or Sub	25. 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
28. Daily Breakfast Options Apple & Juice Lunch Choices: Chicken Sandwich French Fries Pickles Pretzels Fruit of the day Cheeseburger or Sub	29. Daily Breakfast Options Melon & Juice Lunch Choices: Chicken Tacos Rice with Veggies Corn Fruit of the day Quesadilla or Sub	30. Daily Breakfast Options Grapes & Juice Lunch Choices: WING WEDNESDAY (Buffalo) w/ WG Crackers Carrots & Celery French Fries Fruit of the day Cheeseburger or Sub	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.	
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