



# December 2017

## HIGHLAND OAKS LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 CHICKEN BURGER CHEESE BREAD* TURKEY & HAM SANDWCH
4 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	5 MACARONI & CHEESE* ORANGE CHICKEN & RICE PASTRAMI SANDWICH	6 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	7 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA* PB&J SANDWICH*	8 PEPPERBELLIES CHEESE BREAD* TURKEY & HAM SANDWCH
11 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	12 PANCAKES & SAUSAGE ORANGE CHICKEN & RICE PASTRAMI SANDWICH	13 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*	14 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA* PB&J SANDWICH*	15 CHICKEN BURGER CHEESE BREAD* TURKEY & HAM SANDWCH
18 CHICKEN GIGGLES CHEESEBURGER TWINS PB&J SANDWICH* YOGURT, STRING CHEESE, AND CRACKERS*	19 SPAGHETTI TACOS ORANGE CHICKEN & RICE PASTRAMI SANDWICH	20 PIZZA SLICE* BEAN & CHEESE BURRITO* TURKEY SANDWICH YOGURT, STRING CHEESE, AND CRACKERS*  HOLIDAY COOKIE	21 POPCORN CHICKEN CORN DOG CHEESE QUESADILLA* PB&J SANDWICH*	22 BBQ CHICKEN, CORN CHEESE BREAD* TURKEY & HAM SANDWCH
25 CHRISTMAS	26 WINTER BREAK	27 WINTER BREAK	28 WINTER BREAK	29 WINTER BREAK



### OFFERED DAILY:

1% LOWFAT MILK  
NONFAT CHOC. MILK  
FRESH FRUITS  
AND VEGETABLES

Choose at least 3  
components  
(meat, grain, milk, fruit  
or vegetable)

1 must be a fruit or  
vegetable

All meals are low sodium  
and all grains are whole  
grains!