

Highland Prep West April 2024 Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Apple & Juice Daily Lunch Choices: Cheeseburger WG Bun OR Chef's Salad OR WG Sub OR Sliders With Turkey & Ham Cucumbers & Carrots Goldfish crackers Fruit of the Day	2 Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Mellon & Juice Daily Lunch Choices: Chicken Nachos OR Chef's Salad OR WG Sub OR WG Nachos with Beef Refried Beans Corn & Fruit of the Day WG Chips and diced tomato Salsa.	3. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Juice & Grapes Daily Lunch Choices: Cheeseburger WG Bun OR Chef's Salad OR WG Sub OR WING WEDNESDAY (Hot) Crackers Carrots & Celery French Fries Fruit of the Day	4. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Oranges, & Juice Daily Lunch Choices: Chicken Nachos OR Chef's Salad OR WG Sub OR Spaghetti w/ bread Green Beans, Salad & Fruit of the Day	5.. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Banana Juice Pepperoni OR Cheese Pizza WG Crust Salad Broccoli and Celery Sticks Pasta Salad with Ranch veggies and cheese Pineapple & WG Cookie
8. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Apple & Juice Daily Lunch Choices: Cheeseburger WG Bun OR Chef's Salad OR WG Sub OR Hot Dog on WG Bun Carrots & Pickles Pretzels Fruit of the Day	9. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Melon & Juice Daily Lunch Choices: Chicken Nachos OR Chef's Salad OR WG Sub OR WG Crunchy Beef Taco Refried Beans Corn WG Chips and diced tomato Salsa Fruit of the Day	10. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce Juice & Grapes Daily Lunch Choices: Cheeseburger WG Bun OR Chef's Salad OR WG Sub OR WING WEDNESDAY (Sweet n Sour) Crackers Carrots & Celery French Fries Fruit of the Day	11. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Oranges, & Juice Daily Lunch Choices: Chicken Nachos OR Chef's Salad OR WG Sub OR WG Turkey Cheese & Lettuce Wrap Carrots & Pickles Fruit of the Day	12. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Banana Juice Pepperoni OR Cheese Pizza WG Crust Salad Broccoli and Celery Sticks Pasta Salad with Ranch veggies and cheese Pineapple & WG Cookie
15. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Apple & Juice Daily Lunch Choices: Cheeseburger WG Bun OR Chef's Salad OR WG Sub OR Italian Pinwheels Carrots Cucumbers WG Cracker Fruit of the Day	16 Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Melon & Juice Daily Lunch Choices: Chicken Nachos OR Chef's Salad OR WG Sub OR WG Bean Tostada with Chicken Fajitas Refried Beans Broccoli WG Chips and diced tomato Salsa Fruit of the Day	17. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Juice & Grapes Daily Lunch Choices: Cheeseburger WG Bun OR Chef's Salad OR WG Sub OR WING WEDNESDAY (Honey BBQ) Carrots, French Fries Fruit of the Day WG Crackers	18. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Oranges, & Juice Daily Lunch Choices: Chicken Nachos OR Chef's Salad OR WG Sub OR Sloppy Joe WG Bun Pickles Corn Fruit of the Day	19. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Banana Juice Pepperoni OR Cheese Pizza WG Crust Salad Carrots and Celery Sticks Pasta Salad with Ranch, veggies and cheese Pineapple WG Cookie
22. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Apple & Juice Daily Lunch Choices: Cheeseburger WG Bun OR Chef's Salad OR WG Sub OR WG Grilled Ham & Cheese Corn Cucumbers Goldfish Crackers Fruit of the Day	23. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Melon & Juice Daily Lunch Choices: Chicken Nachos OR Chef's Salad OR WG Taquitos Refried Beans Broccoli WG Chips and diced tomato Salsa Fruit of the Day	24. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Juice & Oranges Daily Lunch Choices: Cheeseburger WG Bun OR Chef's Salad OR WG Sub OR WING WEDNESDAY (Orange) Crackers Carrots French Fries Fruit of the Day	25. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Banana Juice Pepperoni OR Cheese Pizza WG Crust Salad Carrots and Celery Sticks Pasta Salad with Ranch, veggies and cheese Pineapple WG Cookie & Fruit of the Day	
29. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Apple & Juice Daily Lunch Choices: Cheeseburger WG Bun OR Chef's Salad OR WG Sub OR WG Chicken Nuggets Mashed Potatoes Corn Wg Bread & Fruit of the Day	30. Daily Breakfast Option Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Grapes & Juice Daily Lunch Choices: Chicken Nachos OR Chef's Salad OR WG Sub OR WG Bean & Cheese Burrito Refried Beans Broccoli WG Chips and diced tomato Salsa Fruit of the Day			*Choice of fat free flavored or plain 1% milk with all meals *All menu items are subject to substitution without notice **Lunch fruit Options: peaches, pears, apples, oranges, pineapples, fruitcock tail, grapes, or watermelon **Daily option of Carrots (1/2c) with Ranch (2 tbsp)
Meal Benefits and services are available to all students without regard to race, color, sex, handicap, age or national origin. If you believe that you have been discriminated against, write immediately to the Secretary of Agriculture, Washington, D.C., 20250. Food Items are subject to availability. <i>"This institution is an equal opportunity provider."</i>				