

# Highland Prep West February 2024 Breakfast & Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*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, fruit cocktail, grapes, or watermelon                      **Daily option of Carrots (1/2c) with Ranch (2 tsp)</p>			<p>1. . Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Oranges, &amp; Juice Daily Lunch Choices:                      Chicken Nachos OR                      Chef's Salad OR                      WG Sub OR                      BBQ Beef Sandwich                      Broccoli                      Mashed Potatoes &amp; Fruit of the Day</p>	<p>2. 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</p>
<p>5. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Apple &amp; Juice                      Daily Lunch Choices:                      Cheeseburger WG Bun OR                      Chef's Salad OR                      WG Sub OR                      WG Corn Dog                      Cucumber Slices                      Carrots                      &amp; Fruit of the Day</p>	<p>6. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Grapes &amp; Juice                      Daily Lunch Choices:                      Chicken Nachos OR                      Chef's Salad OR                      WG Sub OR                      WG Cheese Enchiladas                      Refried Beans                      Corn                      WG Chips and diced tomato Salsa                      Fruit of the Day</p>	<p>7. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce Strawberries And Juice                      Daily Lunch Choices:                      Cheeseburger WG Bun OR                      Chef's Salad OR                      WG Sub OR                      WING WEDNESDAY (Honey)                      Hot Crackers                      Carrots                      French Fries                      Fruit of the Day</p>	<p>8. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Oranges, &amp; Juice                      Daily Lunch Choices:                      Chicken Nachos OR                      Chef's Salad OR                      WG Sub OR                      Chicken Alfredo w/ bread                      Green Beans,                      Salad                      Fruit of the Day</p>	<p>9. 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</p>
<p>12. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Apple &amp; Juice                      Daily Lunch Choices:                      Cheeseburger WG Bun OR                      Chef's Salad OR                      WG Sub OR                      WG Grilled Cheese                      Sandwich Corn, Green Beans                      &amp; Fruit of the Day</p>	<p>13. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Grapes &amp; Juice                      Daily Lunch Choices:                      Chicken Nachos OR                      Chef's Salad OR                      WG Sub OR                      WG Taquitos                      Refried Beans                      Broccoli                      WG Chips and diced tomato Salsa                      Fruit of the Day                      &amp; Fruits of the Day</p>	<p>14. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce Strawberries And Juice                      Daily Lunch Choices:                      Cheeseburger WG Bun OR                      Chef's Salad OR                      WG Sub OR                      WING WEDNESDAY (BBQ)                      w/ WG Crackers                      Carrots , Celery                      Fruit of the Day                      WG Crackers</p>	<p>15. . Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Oranges, &amp; Juice                      Daily Lunch Choices:                      Chicken Nachos OR                      Chef's Salad OR                      WG Sub OR                      WG Turkey, Ham &amp; Cheese                      Wrap w/ Lettuce                      Carrots                      Pickle                      &amp; Fruit of the Day</p>	<p>16. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Banana Juice                      , Banana &amp; Juice                      Pepperoni OR Cheese Pizza WG Crust Salad                      Broccoli and Celery Sticks                      Pasta Salad with Ranch                      veggies and cheese                      Pineapple                      WG Cookie</p>
 <p>No School</p>	<p>20. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Grapes &amp; Juice                      Daily Lunch Choices:                      Chicken Nachos OR                      Chef's Salad OR                      WG Sub OR                      WG Chicken Taco w/ Cheese &amp; Lettuce (2)                      Refried Beans                      Broccoli                      WG Chips and diced tomato Salsa                      Fruit of the Day                      &amp; Fruits of the Day</p>	<p>21. . Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce Strawberries And Juice                      Daily Lunch Choices:                      Cheeseburger WG Bun OR                      Chef's Salad OR                      WG Sub OR                      WING WEDNESDAY (Honey)                      Hot Crackers                      Carrots                      French Fries                      Fruit of the Day</p>	<p>22. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Oranges, &amp; Juice                      Daily Lunch Choices:                      Cheeseburger WG Bun OR                      Chef's Salad OR                      WG Sub OR                      Spaghetti w/ meat sauce                      Salad                      Mixed Veggies                      Bread                      Fruit of the Day</p>	<p>23. 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</p>
<p>26. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Apple &amp; Juice                      Daily Lunch Choices:                      Cheeseburger WG Bun OR                      Chef's Salad OR                      WG Sub OR                      WG Nuggets                      Cucumber Slices                      Carrots                      &amp; Fruit of the Day</p>	<p>27. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Grapes &amp; Juice                      Daily Lunch Choices:                      Chicken Nachos OR                      Chef's Salad OR                      WG Sub OR                      CHEFS CHOICE</p>	<p>28. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce Strawberries And Juice                      Daily Lunch Choices:                      Cheeseburger WG Bun OR                      Chef's Salad OR                      WG Sub OR                      WING WEDNESDAY (Teriyaki)                      Carrots , French Fries                      Fruit of the Day                      WG Crackers</p>	<p>29. Daily Breakfast Option                      Includes: Muffin, Parfaits, Cereal + Cheese stick, PopTart or Pan Dulce, Oranges, &amp; Juice                      Daily Lunch Choices:                      Cheeseburger WG Bun OR                      Chef's Salad OR                      WG Sub OR                      WG Ground                      Beef Taco in a Bag                      Refried Beans, Corn, Diced                      tomato Salsa, Fruit of the Day</p>	

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. *"This institution is an equal opportunity provider."*