






# April 2024 Menu

Highland Elementary School



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  No School	<b>2</b> Cheeseburger on a Bun (28) Baked Beans (23) Cucumbers Fruit (15)	<b>3</b> Pepperoni Pizza (32) Broccoli Cauliflower Fruit (15)	<b>4</b> Corn Dog (30) Cauliflower & Fresh Vegetables Fruit (15)	<b>5</b> <b>Brunch for Lunch!</b> French Toast Sticks (60) Breakfast Syrup (29) Cheese Omelet Carrots Fresh Vegetables & Fruit (15)
<b>8</b> Cheese Pizza (41) Celery Carrots Fruit (8) (15)	<b>9</b> Chicken Mac & Cheese (32) Breadstick (17) Romaine Lettuce Cauliflower & Fruit (15)	<b>10</b> Hot Dog (28) Baked Beans (23) Carrots Fruit (15)	<b>11</b> Mr. Rib (35) Potato Smiles (20) Broccoli Fruit (15)	<b>12</b> Grilled Cheese (30) Tomato Soup (17) Cauliflower Fresh Vegetables & Fruit (15)
<b>15</b> Chicken Nuggets (15) Dinner Roll (14) Corn (17) Carrots & Fruit (15)	<b>16</b> Chicken Fajita (22) with Cheese and Fixings Refried Beans (10) Cauliflower & Fruit (15)	<b>17</b> Deli Sandwich (26) Broccoli Carrots Fruit (15)	<b>18</b> Cheeseburger on a Bun (28) Tater Tots (16) Broccoli Fruit (15)	<b>19</b> Pancakes (20) Eggs Yogurt Cup (15) Fresh Vegetables & Fruit (15)
<b>22</b> Chicken Burger (32) Tater Tots (16) Broccoli Carrots & Fruit (15)	<b>23</b> Beef Taco with Cheese and Fixings (22) Refried Beans (10) Carrots & Fruit (15)	<b>24</b> Hot Ham and Cheese Sandwich (26) Broccoli & Carrots Fruit (15)	<b>25</b> Meatballs (4) and Gravy (4) Two Bread Slices (26) Mashed Potatoes (14) Carrots & Fruit (15)	<b>26</b> Italian Dunkers (32) Marinara Sauce (5) Fresh Vegetables & Fruit (15)
<b>29</b> Chicken Strips (22) Dinner Roll (14) Corn (17) Carrots & Fruit (15)	<b>30</b> Cheeseburger on a Bun (28) Baked Beans (23) Cucumbers Fruit (15)			

### Entrée Alternative

1st-5th Grades:  
 WOWButter Sandwich (30) &  
 String Cheese (1)  
 4th & 5th Grade:  
 Salad with Meat & Cheese (3)  
 Bread Slice (14)  
 Crackers (14)

### Prices

Students: FREE  
 Adult Price: \$4.95  
 Extra Milk: \$0.50  
 Lactose Free Milk: \$1.00

### Daily Milk Choices

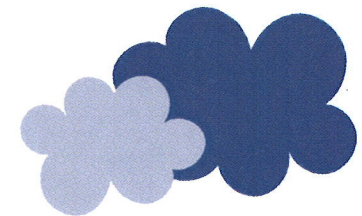
Plain Skim (13)  
 Plain 1% (13)  
 Chocolate Skim (20)  
 Lactose Free (upon request)

### Carbohydrate Count

Numbers listed in parentheses  
 () are the carbohydrate for that  
 item in full.

### Questions?

Contact Emily Scheresky at  
[emilyscheresky@isd593.org](mailto:emilyscheresky@isd593.org) or  
 218-281-5313 ext. 7



**This Institution is an Equal Opportunity Provider**

All Menus are subject to change without notice due to supply chain, availability, and delivery changes.



# Breakfast in the Classroom (BIC)

at Highland Elementary School



**What is BIC?** Instead of the traditional breakfast before school, Highland students will be able to eat breakfast in their classrooms after the bell.

**Why BIC?** Breakfast in the classroom will allow students to play and socialize prior to school rather than having to come in to eat. It will also allow more students the opportunity to eat breakfast as well as be used as valuable learning time.

**Will breakfast before school still be offered as well?** No, Breakfast in the Classroom replaces traditional breakfast offered prior to the start of school. Students will be encouraged to play with friends during that time.

**Will my student be charged?** No! the Minnesota Free School Meals bill has taken into effect, meaning all students can receive one free breakfast and one free lunch per school day.

**Does my student have to participate in BIC?** No, a student can take or deny BIC each day. If you do not want your student to participate at any point during the school year, please turn a written request to your classroom teacher that states your student is not allowed to eat breakfast at school. Please note that other students will still be eating at that time, so if you want to send a breakfast snack with your student to eat during breakfast time, you can.

**Will my student miss out on learning?** Not at all! Not only is eating together part of the learning experience, teachers will use the breakfast time to teach things like conversational skills, as well as math, science, and reading concepts.

**What if I have questions or concerns with BIC?** All questions and concerns regarding this program can be directed to Emily Scheresky, Food Service Director, at [emilyscheresky@isd593.org](mailto:emilyscheresky@isd593.org) or 218-281-5313 x 7.

Weekly Menu	Monday	Tuesday	Wednesday	Thursday	Friday
Choose 1-2 Grain or Protein Items	Banana Bread (28) [1] Cereal (22-25) [1]	Mini Cinnamon Donuts (12-15) [1] Cereal (22-25) [1]	Breakfast Crackers (19) [1] Cereal (22-25) [1]	Muffin (27-31) [1] Cereal (22-25) [1]	String Cheese (0) [1] Cereal (22-25) [1]
Choose 1-2 Fruits	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]	Fruit Juice(15) [1] Fruit Choice (15) [1]
Choose up to 1 Milk	Plain 1% Plain Skim (13) [1]	Plain 1% Plain Skim (13) [1]	Plain 1% Plain Skim (13) [1]	Plain 1% Plain Skim (13) [1]	Plain 1% Plain Skim (13) [1]

### Breakfast Menu Information

- Menus are subject to change, without notice, due to availability and delivery challenges
  - Lactose-Free milk is available by request.
  - All grain options are whole grain choices.
  - Carbohydrate Counts are listed in the parentheses ( ).
- Items in the brackets [ ] are considered the item equivalents. A student must take 3 item equivalents at breakfast, with at least 1 being a fruit or a fruit juice.
- Special diet requests can be made with approval. Please contact Emily at [emilyscheresky@isd593.org](mailto:emilyscheresky@isd593.org)
  - Cost – FREE

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