



ISLAND HEIGHTS GRADE SCHOOL

LUNCH MENU - APRIL 2023

Monday	Tuesday	Wednesday	Thursday	Friday
3 Burgers Choice of Plain or Cheese Baked Beans Oven Fries Chilled Canned Fruit Fresh Fruit	4 <u>Beef Nachos</u> Lettuce, Salsa Cheddar Cheese, Confetti Corn Brown Rice, Chilled Canned Fruit Fresh Fruit	5 Meatball Parm On a roll Green Beans Chilled Canned Fruit Fresh Fruit	6 Grilled Cheese Sweet Pot. Puffs Seasoned Carrots Chilled Canned Fruit Fresh Fruit	7 Spring Break School Closed
10 Spring Break School Closed	11 Spring Break School Closed	12 Spring Break School Closed	13 Spring Break School Closed	14 Spring Break School Closed
17 Roasted Chicken Mashed Sweet Potatoes Corn Dinner Roll Chilled Canned Fruit Fresh Fruit	18 <u>Chicken Fajita's</u> Peppers & Onions Confetti Corn Brown Rice, Chilled Canned Fruit Fresh Fruit	19 Mac & Cheese Stewed Tomatoes Green Beans Dinner Roll Chilled Canned Fruit Fresh Fruit	20 Breakfast Egg Patty, Pancakes Sausage Patty, Home Fries Chilled Fruit Fresh Fruit	21 Fish Sticks Tater Tots Green Beans Dinner Roll Chilled Fruit Fresh Fruit
24 Sloppy Joe's Green Beans Tater Tots Chilled Fruit Fresh Fruit	25 <u>Beef Nachos</u> Lettuce, Salsa Cheddar Cheese, Confetti Corn Brown Rice, Chilled Canned Fruit Fresh Fruit	26 Grilled Cheese Sweet Pot. Puffs Seasoned Carrots Chilled Canned Fruit Fresh Fruit	27 Hotdog on a Roll Baked Beans Oven Fries Chilled Canned Fruit Fresh Fruit	28 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
May 1 Pasta W/Meat Sauce Green Beans Dinner Roll Chilled Canned Fruit Fresh Fruit	2 <u>Chicken Fajita's</u> Peppers & Onions Confetti Corn Brown Rice, Chilled Canned Fruit Fresh Fruit	3 Burgers Choice of Plain or Cheese Baked Beans Oven Fries Chilled Canned Fruit Fresh Fruit	4 Breakfast Egg Patty, Pancakes Sausage Patty, Home Fries Chilled Fruit Fresh Fruit	5 Fish Sticks Tater Tots Green Beans Dinner Roll Chilled Fruit Fresh Fruit

Entrée Alternates
 Looking for something different?

Choose from the following cold options.

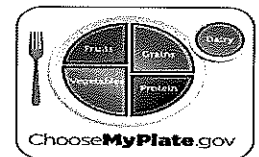
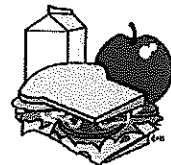
MONDAYS
 Ham & Cheese Sandwich
 Or
 PB&J

TUESDAYS
 PB&J
 Or
 Turkey & Cheese Sandwich

WEDNESDAYS
 PB&J
 Or
 Ham & Cheese Sandwich

THURSDAYS
 Turkey & Cheese Sandwich
 Or
 PB&J

FRIDAYS
 PB&J
 Or
 Ham & Cheese Sandwich



***All Menu stations are offered with a choice of 2 fruit or 2 vegetable sides and a choice of fat free chocolate, skim white and 1% white milk.**

Serving Time: 11:35AM

Lunch Price: \$3.25 Milk Price: \$0.55

"This institution is an equal opportunity provider"