



ISLAND HEIGHTS GRADE SCHOOL

LUNCH MENU - FEBRUARY 2023

Monday	Tuesday	Wednesday	Thursday	Friday
30 Hot Dog Baked Beans Oven Fries Chilled Canned Fruit Fresh Fruit	31 <u>Beef Nachos</u> Lettuce, Salsa Cheddar Cheese, Confetti Corn Brown Rice, Chilled Canned Fruit Fresh Fruit	February 1 Pasta W/Meat Sauce Green Beans Dinner Roll Chilled Canned Fruit Fresh Fruit	2 Grilled Cheese Sweet Pot. Puffs Seasoned Carrots Chilled Canned Fruit Fresh Fruit	3 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
6 French Toast Sticks Sausage Sweet Puffs, Warm Cinnamon Apples Fresh Fruit	7 <u>Beef Nachos</u> Lettuce, Salsa Cheddar Cheese, Confetti Corn Brown Rice, Chilled Canned Fruit Fresh Fruit	8 Meatball Parm Sandwich Green Beans Chilled Canned Fruit Fresh Fruit	9 <u>General Tso's Chicken</u> Rice, Broccoli Carrot Coins, Fortune Cookie Chilled Canned Fruit Fresh Fruit	10 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
13 Chicken Nuggets Mashed Sweet Potatoes Corn Dinner Roll Chilled Canned Fruit Fresh Fruit	14 <u>Beef Nachos</u> Lettuce, Salsa Cheddar Cheese, Confetti Corn Brown Rice, Chilled Canned Fruit Fresh Fruit 	15 BBQ Pulled Pork Green Beans Tater Tots Chilled Fruit Fresh Fruit	16 Mac & Cheese Stewed Tomatoes Dinner Roll Seasoned Peas Chilled Fruit Fresh Fruit	17 Staff In-Service Half Day No Lunches Served
20 President's Day School Closed 	21 <u>Beef Nachos</u> Lettuce, Salsa Cheddar Cheese, Confetti Corn Brown Rice, Chilled Canned Fruit Fresh Fruit	22 Grilled Cheese Sweet Pot. Puffs Seasoned Carrots Chilled Canned Fruit Fresh Fruit	23 Chicken Alfredo Pasta & Broccoli Dinner Roll Chilled Fruit Fresh Fruit	24 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
27 Burgers Choice of Plain or Cheese Baked Beans Oven Fries Chilled Canned Fruit Fresh Fruit	28 <u>Beef Nachos</u> Lettuce, Salsa Cheddar Cheese, Confetti Corn Brown Rice, Chilled Canned Fruit Fresh Fruit	March 1 Pasta W/Meat Sauce Green Beans Dinner Roll Chilled Canned Fruit Fresh Fruit	2 Grilled Cheese Sweet Pot. Puffs Seasoned Carrots Chilled Canned Fruit Fresh Fruit	3 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit

Entrée Alternates
 Looking for something different?
 Choose from the following cold options.

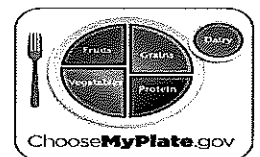
MONDAYS
 Ham & Cheese Sandwich
 Or
 PB&J

TUESDAYS
 PB&J
 Or
 Ham & Cheese Sandwich

WEDNESDAYS
 PB&J
 Or
 Ham & Cheese Sandwich

THURSDAYS
 Ham & 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: \$0.55

"This institution is an equal opportunity provider"