



ISLAND HEIGHTS GRADE SCHOOL

LUNCH MENU - MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday
27 Burgers Choice of Plain or Cheese Baked Beans Oven Fries Chilled Canned Fruit Fresh Fruit	28 Beef Nachos 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
6 Meatball Parm On a roll Green Beans Chilled Canned Fruit Fresh Fruit	7 Chicken Fajita's Peppers & Onions Confetti Corn Brown Rice, Chilled Canned Fruit Fresh Fruit	8 Fish Sticks Tater Tots Green Beans Dinner Roll Chilled Fruit Fresh Fruit	9 Chicken Nuggets Mashed Sweet Potatoes Corn Dinner Roll Chilled Canned Fruit Fresh Fruit	10 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
13 Roasted Chicken Mashed Sweet Potatoes Corn Dinner Roll Chilled Canned Fruit Fresh Fruit	14 Chicken Fajita's Peppers & Onions Confetti Corn Brown Rice, Chilled Canned Fruit Fresh Fruit	15 Fish Sticks Tater Tots Green Beans Dinner Roll Chilled Fruit Fresh Fruit	16 Hot Dog On a Bun Oven Fries Carrots Chilled Canned Fruit Fresh Fruit	17 Staff In-Service Half-Day No Lunches Served
20 BBQ Pulled Pork Green Beans Tater Tots Chilled Fruit Fresh Fruit	21 Chicken Fajita's Peppers & Onions Confetti Corn Brown Rice, Chilled Canned Fruit Fresh Fruit	22 Fish Sticks Tater Tots Green Beans Dinner Roll Chilled Fruit Fresh Fruit	23 Chicken Nuggets Mashed Sweet Potatoes Corn Dinner Roll Chilled Canned Fruit Fresh Fruit	24 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
27 Pasta W/Meat Sauce Green Beans Dinner Roll Chilled Canned Fruit Fresh Fruit	28 Chicken Fajita's Peppers & Onions Confetti Corn Brown Rice, Chilled Canned Fruit Fresh Fruit	29 French Toast Sticks Sausage Sweet Puffs, Warm Cinnamon Apples Fresh Fruit	30 Mac & Cheese Stewed Tomatoes Dinner Roll Seasoned Peas Chilled Fruit Fresh Fruit	31 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit

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

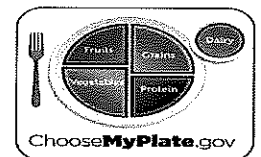
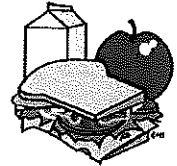
MONDAYS
 Ham & Cheese Sandwich
 Or
 PB&J

TUESDAYS
 PB&J
 Or
 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: \$0.55

"This institution is an equal opportunity provider"