



ISLAND HEIGHTS GRADE SCHOOL -LUNCH MENU NOVEMBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
October 31 Hamburger Or Cheeseburger Baked Beans, Sweet Fries Chilled Canned Fruit Fresh Fruit	November 1 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Salsa, Confetti Brown Rice, Chilled Canned Fruit Fresh Fruit	2 Sloppy Joe's On a Roll Sweet Tots Green Beans Chilled Fruit Fresh Fruit	3 Mac & Cheese Stewed Tomatoes Dinner Roll Seasoned Peas Chilled Fruit Fresh Fruit	4 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
7 Fall Break School Closed	8 Fall Break School Closed 	9 Fall Break School Closed	10 Teacher Convention School Closed	11 Teacher Convention School Closed
14 Egg Patty, Sausage Patty Pancakes Seasoned Home fries Chilled Canned Fruit Fresh Fruit	15 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Salsa, Confetti Brown Rice, Chilled Canned Fruit Fresh Fruit	16 Beefaroni Dinner Roll Chilled Canned Fruit Fresh Fruit	17 Turkey Dinner With All the fixing's & Pumpkin Pie Chilled Canned Fruit Fresh Fruit	18 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
21 Early Dismissal No Lunches Served	22 Early Dismissal No Lunches Served	23 Early Dismissal No Lunches Served	24 Thanksgiving Recess School Closed 	25 Thanksgiving Recess School Closed
28 BBQ Pulled Pork On A W/W Roll Baked Beans Oven Fries Chilled Canned Fruit Fresh Fruit	29 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Salsa, Confetti Brown Rice, Chilled Canned Fruit Fresh Fruit	30 Egg Patty, Sausage Patty Pancakes Seasoned Home fries Chilled Canned Fruit Fresh Fruit	December 1 Grilled Cheese Sweet Pot. Puffs Seasoned Carrots Chilled Canned Fruit Fresh Fruit	2 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit

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

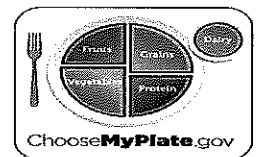
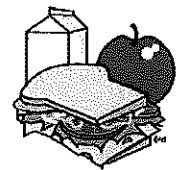
MONDAYS
Ham & Cheese Sandwich
Or
PB&J

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
Price: \$3.25 Milk Price: \$.55

"This institution is an equal opportunity provider"