



ISLAND HEIGHTS GRADE SCHOOL -LUNCH MENU OCTOBER 2022

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Dog On A Roll Baked Beans, Sweet Fries Chilled Canned Fruit Fresh Fruit	4 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Salsa, Confetti Brown Rice, Chilled Canned Fruit Fresh Fruit	5 Egg Patty, Sausage Patty Pancakes Seasoned Home fries Chilled Canned Fruit Fresh Fruit	6 Sloppy Joe's On a Roll Sweet Tots Green Beans Chilled Fruit Fresh Fruit	7 Early Dismissal No Lunch Served
10 Columbus Day School Closed 	11 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Salsa, Confetti Brown Rice, Chilled Canned Fruit Fresh Fruit	12 Pasta With Meat Sauce Carrot Coins Chilled Canned Fruit Fresh Fruit	13 Hamburger Or Cheeseburger On A W/W Roll Baked Beans Oven Fries Chilled Canned Fruit Fresh Fruit	14 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
17 BBQ Pulled Pork On a club roll Sweet Tots Chilled Canned Fruit Fresh Fruit	18 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Salsa, Confetti Brown Rice, Chilled Canned Fruit Fresh Fruit	19 Popcorn Chicken Mashed Potatoes Seasoned Corn Dinner Roll Chilled Canned Fruit Fresh Fruit	20 Hot Dog On A Roll Baked Beans, Sweet Fries Chilled Canned Fruit Fresh Fruit	21 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
24 Popcorn Chicken Mashed Potatoes Seasoned Corn Dinner Roll Chilled Canned Fruit Fresh Fruit	25 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Salsa, Confetti Brown Rice, Chilled Canned Fruit Fresh Fruit	26 Grilled Cheese Tomato Soup Sweet Potato Puffs Carrot Coins, Seasoned Corn Chilled Canned Fruit Fresh Fruit	27 Chicken & Broccoli Brown Rice Oriental Veggies Fortune Cookie Chilled Canned Fruit Fresh Fruit	28 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
31 Hamburger Or Cheeseburger On A W/W Roll Baked Beans Oven 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 Sweet Tots Green Beans Chilled Canned Fruit Fresh Fruit	4 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit

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

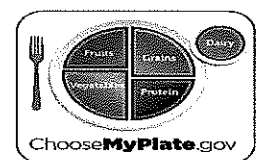
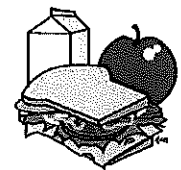
MONDAYS
Ham & Cheese Sandwich
Or
PB&J

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 \$.55

"This institution is an equal opportunity provider"