

ISLAND HEIGHTS GRADE SCHOOL -LUNCH MENU OCTOBER 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Hot Dag	NACHO TUESDAY'S	Egg Patty, Sausage	Sloppy Joe's	Early Dismissal
On A Roll	Lettuce, Tomato,	Patty	On a Roll	
Baked Beans,	Cheddar Cheese,	Pancakes	Sweet Tots	No Lunch Served
Sweet Fries	Salsa,	Seasoned Home	Green Beans	
Chilled Canned	Confetti Brown Rice,	fries	Chilled Fruit	
Fruit	Chilled Canned Fruit	Chilled Canned	Fresh Fruit	
Fresh Fruit	Fresh Fruit	Fruit		
		Fresh Fruit		
10	11	12	13	14
Columbus Day	NACHO TUESDAY'S	Pasta With	Hamburger	Pizza
School Closed	Lettuce, Tomato,	Meat Sauce	Or	Tossed Salad
	Cheddar Cheese,	Carrot Coins	Cheeseburger	W/Dressing
	Salsa,	Chilled Canned	On A W/W Roll	Chilled Canned
Columbus	Confetti Brown Rice,	Fruit	Baked Beans	Fruit
1004	Chilled Canned Fruit	Fresh Fruit	Oven Fries	Fresh Fruit
	Fresh Fruit		Chilled Canned Fruit	
			Fresh Fruit	
17	18	19	20	21
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BBQ Pulled Pork On a club roll	NACHO TUESDAY'S Lettuce, Tomato,	Popcorn Chicken Mashed Potatoes	Hot Dog On A Roll	Pizza Tossed Salad
Sweet Tots	Cheddar Cheese,	Seasoned Corn	Baked Beans, Sweet	W/Dressing
Chilled Canned	Salsa,	Dinner Roll	Fries	Chilled Canned
Fruit	Confetti Brown Rice.	Chilled Canned	Chilled Canned Fruit	Fruit
Fresh Fruit	Chilled Canned Fruit	Fruit	Fresh Fruit	Fresh Fruit
	Fresh Fruit	Fresh Fruit		
24	25	26	27	28
Popcorn Chicken	NACHO TUESDAY'S	Grilled Cheese	Chicken & Broccoli	Pizza
Mashed Potatoes	Lettuce, Tomato,	Tomato Soup	Brown Rice	Tossed Salad
Seasoned Corn	Cheddar Cheese,	Sweet Potato Puffs	Oriental Veggies	W/Dressing
Dinner Roll	Salsa,	Carrot Coins,	Fortune Cookie	Chilled Canned
Chilled Canned	Confetti Brown Rice,	Seasoned Corn	Chilled Canned Fruit	Fruit
Fruit	Chilled Canned Fruit	Chilled Canned	Fresh Fruit	Fresh Fruit
Fresh Fruit	Fresh Fruit	Fruit		
		Fresh Fruit		
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31	November 1	2	3	4
Hamburger	NACHO TUESDAY'S	Sloppy Joe's	Mac & Cheese	Pizza
Or Chandalana	Lettuce, Tomato, Cheddar Cheese,	On a Roll	Sweet Tots	Tossed Salad
Cheeseburger On A W/W Roll	Cheddar Cheese, Salsa.	Sweet Tots Green Beans	Green Beans Chilled Canned Fruit	W/Dressing Chilled Canned
Baked Beans	Confetti Brown Rice,	Chilled Fruit	Fresh Fruit	Fruit
Oven Fries	Chilled Canned Fruit	Fresh Fruit	(163(())	Fresh Fruit
Chilled Canned	Fresh Fruit	1100(11)(01)		11031111111
Fruit				
Fresh Fruit				
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<u>Entrée Alternates</u> Looking for something different?

Choose from the following cold options.

MONDAYS

Ham & Cheese Sandwich
Or
PB&J

TUESDAYS

РВ&Ј

Or Ham & Cheese Sandwich

WEDNESDAYS

PB&J Or

Ham & Cheese Sandwich

THURSDAYS

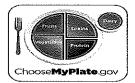
Ham & Cheese Sandwich Or PB&J

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"