



ISLAND HEIGHTS GRADE SCHOOL - LUNCH MENU

SEPTEMBER
2022

Monday	Tuesday	Wednesday	Thursday	Friday
5 Labor Day	6	7	8	9
12 Sloppy Joe's On a Roll Sweet Tots Green Beans Chilled Fruit Fresh Fruit	13 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Salsa, Confetti Brown Rice, Chilled Canned Fruit Fresh Fruit	14 Pasta With Meat Sauce Carrot Coins Chilled Canned Fruit Fresh Fruit	15 Egg Patty, Sausage Patty Pancakes Seasoned Home fries Chilled Canned Fruit Fresh Fruit	16 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
19 Popcorn Chicken Mashed Potatoes Seasoned Corn Dinner Roll Chilled Canned Fruit Fresh Fruit	20 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Salsa, Confetti Brown Rice, Chilled Canned Fruit Fresh Fruit	21 BBQ Pulled Pork On a Roll Sweet Tots Seasoned Corn Chilled Canned Fruit Fresh Fruit	22 Grilled Cheese Tomato Soup Sweet Potato Puffs Carrot Coins, Seasoned Corn Chilled Canned Fruit Fresh Fruit	23 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
26 Hamburger Or Cheeseburger On A W/W Roll Baked Beans Oven Fries Chilled Canned Fruit Fresh Fruit	27 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Salsa, Confetti Brown Rice, Chilled Canned Fruit Fresh Fruit	28 Pasta With Meat Sauce Carrot Coins Chilled Canned Fruit Fresh Fruit	29 Chicken & Broccoli Brown Rice Oriental Veggies Fortune Cookie Chilled Canned Fruit Fresh Fruit	30 Pizza Tossed Salad W/Dressing Chilled Canned Fruit Fresh Fruit
OCT 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 Half Day No Lunch Served

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

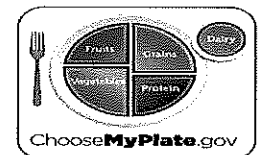
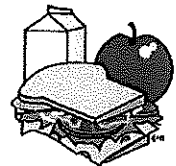
MONDAYS
Ham & Cheese Sandwich
Or
PB&J

TUESDAYS
PB&J
Or
Turkey & Cheese Sandwich

WEDNESDAYS
PB&J
Or
Ham & Cheese Sandwich

THURSDAYS
Ham & Cheese Sandwich
Or
PB&J

FRIDAYS
PB&J
Or
Turkey & 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: 11:25AM

"This institution is an equal opportunity provider"