



ISLAND HEIGHTS GRADE SCHOOL - LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
30 Winter Break School Closed	31 Winter Break School Closed	January 1st Winter Break School Closed	2 Chicken Nuggets Mashed Potatoes Seasoned Corn WG Dinner Roll Chilled Canned Fruit Fresh Fruit	3 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
6 Burger On a Roll Sweet Tots Baked Beans Chilled Canned Fruit Fresh Fruit	7 <u>Soft Tacos</u> Lettuce, Tomato, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	8 Chicken Alfredo Broccoli Carrots Dinner Roll Chilled Canned Fruit Fresh Fruit	9 Beef A Roni Seasoned Broccoli Carrots Dinner Roll Chilled Canned Fruit Fresh Fruit	10 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
13 Pulled Pork Sandwich Potato Wedges Chilled Canned Fruit Fresh Fruit	14 <u>Soft Tacos</u> Lettuce, Tomato, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	15 Mac & Cheese Stewed Tomatoes Carrots Chilled Canned Fruit Fresh Fruit	16 Chicken Nuggets Mashed Potatoes Seasoned Corn WG Dinner Roll Chilled Canned Fruit Fresh Fruit	17 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
20  School Closed	21 <u>Soft Tacos</u> Lettuce, Tomato, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	22 Toasted Cheese Sweet Potato Puffs, Spinach Chilled Canned Fruit Fresh Fruit	23 Sloppy Joe On A Bun Tater Tots Carrots Chilled Canned Fruit Fresh Fruit	24 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
27 Chicken Nuggets Mashed Potatoes Seasoned Corn WG Dinner Roll Chilled Canned Fruit Fresh Fruit	28 <u>Soft Tacos</u> Lettuce, Tomato, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	29 Pancakes Sausage Patty Hash Brown Chilled Canned Fruit Fresh Fruit	30 Hot Dog Baked Fries Green Beans Chilled Canned Fruit Fresh Fruit	31 Pizza Green Beans Chilled Canned Fruit Fresh Fruit

JANUARY 2025

ENTRÉE' ALTERNATES

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 Starts: @ 11:35AM

Lunch Price: \$3.75 Milk Price: \$.60

"This institution is an equal opportunity provider"