



OCTOBER 2024

ISLAND HEIGHTS GRADE SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Beef Soft tacos, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	2 Mac & Cheese Stewed Tomatoes Carrots Chilled Canned Fruit Fresh Fruit	3 Toasted Cheese Sweet Potato Puffs Carrot Coins, Spinach Chilled Canned Fruit Fresh Fruit	4 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
7 Popcorn Chicken Mashed Potatoes Seasoned Corn Dinner Roll Chilled Canned Fruit Fresh Fruit	8 Beef Soft tacos, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	9 Pasta With Meat Sauce Broccoli Chilled Canned Fruit Fresh Fruit	10 Creamy Cheeseburger Penne` Carrot Coins, Spinach Chilled Canned Fruit Fresh Fruit	11 Half Day No Lunches Served
14 <i>School Closed</i> 	15 Beef Soft tacos, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	16 Beef A Roni Seasoned Broccoli Carrots Dinner Roll Chilled Canned Fruit Fresh Fruit	17 Egg Patty, Sausage Patty Pancakes Hash Brown Chilled Canned Fruit Fresh Fruit	18 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
21 Chicken Nuggets Mashed Potatoes Seasoned Broccoli Seasoned Corn WG Dinner Roll Chilled Canned Fruit Fresh Fruit	22 Beef Soft tacos, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	23 Toasted Cheese Sweet Potato Puffs Carrot Coins, Spinach Chilled Canned Fruit Fresh Fruit	24 Herb Encrusted Chicken Mashed Potatoes Corn Dinner Roll Chilled Canned Fruit Fresh Fruit	25 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
28 Toasted Cheese Sweet Potato Puffs Carrot Coins, Spinach Chilled Canned Fruit Fresh Fruit	29 Beef Soft tacos, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	30 Mac & Cheese Stewed Tomatoes Carrots Chilled Canned Fruit Fresh Fruit	31 Sloppy Joe On a Kaiser Sweet Puffs Broccoli Chilled Fruit Fresh Fruit	

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

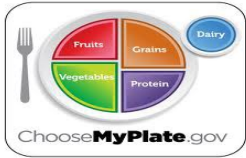
MONDAYS
Ham & Cheese Sandwich
Or
PB&J

TUESDAYS
PB&J
Or
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”