



Sea Devils

October 2025

ISLAND HEIGHTS GRADE SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Burger Cheese or Plain On a Kaiser Sweet Puffs Broccoli Chilled Fruit Fresh Fruit	2 Sloppy Joe On a Kaiser Sweet Puffs Broccoli Chilled Fruit Fresh Fruit	3 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
6 Hot Dog On A Roll Baked Beans, Sweet Fries Chilled Canned Fruit Fresh Fruit	7 <u>Chicken Fajitas</u> Peppers & Onions Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	8 General Tso's Chicken Oven Rice Broccoli Chilled Canned Fruit Fresh Fruit	9 Baked Ziti Carrot Coins Green Beans Dinner Roll Chilled Canned Fruit Fresh Fruit	10 Early Dismissal No Lunches Served
13 <i>Columbus Day</i> <i>School Closed</i>	14 <u>NACHO TUESDAY'S</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 Green Beans Dinner Roll Chilled Canned Fruit Fresh Fruit	17 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
20 Burger On A Roll Sweet Tots Green Beans Chilled Canned Fruit Fresh Fruit	21 <u>Chicken Fajitas</u> Peppers & Onions Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	22 Toasted Cheese Sweet Potato Puffs Carrot Coins, Spinach Chilled Canned Fruit Fresh Fruit	23 <i>Chicken Alfredo</i> <i>Pasta</i> <i>Broccoli</i> <i>Dinner Roll</i> Chilled Canned Fruit Fresh Fruit	24 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
27 Meatball Sub Baked Beans, Sweet Fries Chilled Canned Fruit Fresh Fruit	28 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	29 Hot Dog On A Roll Baked Beans, Sweet Fries Chilled Canned Fruit Fresh Fruit	30 Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Chilled Canned Fruit Fresh Fruit	31 Pizza Green Beans Chilled Canned Fruit Fresh Fruit

Entrée Alternates

Looking for something different?

Choose from the following cold options.

MONDAYS

Nacho Fun Lunch
Or
PB&J Fun Lunch

TUESDAYS

PB&J Fun Lunch
Or
Pizza Bagel Fun Lunch

WEDNESDAYS

PB&J Fun Lunch
Or
Ham & Cheese Sandwich

THURSDAYS

Nacho Fun Lunch
Or
PB&J Fun Lunch

FRIDAYS

PB&J Fun Lunch
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: \$3.85 Milk Price: \$0.65

"This institution is an equal opportunity provider"