



September 2024

ISLAND HEIGHTS GRADE SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
2 Labor Day	3 Welcome Back Staff!!!	4 Welcome Back Students No Lunches Served	5 No Lunches Served	6 No Lunches Served
9 Popcorn Chicken Mashed Potatoes Seasoned Corn Dinner Roll Chilled Canned Fruit Fresh Fruit	10 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	11 Pasta With Meat Sauce Broccoli Chilled Canned Fruit Fresh Fruit	12 Toasted Cheese Sweet Potato Puffs Carrot Coins, Spinach Chilled Canned Fruit Fresh Fruit	13 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
16 Chicken Alfredo Pasta Broccoli Dinner Roll Chilled Canned Fruit Fresh Fruit	17 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	18 Mac & Cheese Stewed Tomatoes Carrots Chilled Canned Fruit Fresh Fruit	19 Sloppy Joe On a Kaiser Sweet Puffs Broccoli Chilled Fruit Fresh Fruit	20 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
23 BBQ Pulled Pork On a Roll Sweet Tots Carrots Chilled Canned Fruit Fresh Fruit	24 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	25 Chicken Nuggets Mashed Potatoes Seasoned Broccoli Seasoned Corn WG Dinner Roll Chilled Canned Fruit Fresh Fruit	26 Egg Patty, Sausage Patty Pancakes Hash Brown Chilled Canned Fruit Fresh Fruit	27 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
30 Hot Dog On A Roll Baked Beans, Sweet Fries Chilled Canned 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"