



Sea Devils

November 2024

ISLAND HEIGHTS GRADE SCHOOL LUNCH MENU PRE-K

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
4 Fall Break School Closed	5 Fall Break School Closed	6 Fall Break School Closed	7 NJEA Convention School Closed	8 NJEA Convention School Closed
11 Chicken Nuggets Mashed Potatoes Seasoned Broccoli Seasoned Corn WG Dinner Roll Chilled Canned Fruit Fresh Fruit	12 Beef Soft tacos, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	13 Pasta With Meat Sauce Broccoli Chilled Canned Fruit Fresh Fruit	14 Toasted Cheese Sweet Potato Puffs Carrot Coins, Spinach Chilled Canned Fruit Fresh Fruit	15 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
18 Pulled Pork Sandwich Potato Wedges Chilled Canned Fruit Fresh Fruit	19 Beef Soft tacos, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	20 Thanksgiving Dinner Turkey, Mashed Potatoes, Stuffing, Gravy, Peas, Cranberry Sauce Pumpkin Pie	21 Pancakes Egg Patty Sausage Patty Hash Brown Cinnamon Apples Fresh Fruit	22 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
25 Parent /Teacher Conferences 1:00 Dismissal No Lunches Served	26 Parent /Teacher Conferences 1:00 Dismissal No Lunches Served	27 1:00 Dismissal No Lunches Served	28 Happy Thanksgiving	29 Thanksgiving Break School Closed

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 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"