



Sea Devils

ISLAND HEIGHTS GRADE SCHOOL LUNCH MENU

Monday	Tuesday	Wednesday	Thursday	Friday
1  Labor Day	2 Welcome Back Students and Staff!!!!	3	4	5
8 Hot Dog On A Roll Baked Beans, Sweet Fries Chilled Canned Fruit Fresh Fruit	9 <u>Chicken Fajitas</u> Peppers & Onions Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	10 General Tso's Chicken Oven Rice Broccoli Chilled Canned Fruit Fresh Fruit	11 Baked Ziti Carrot Coins Green Beans Dinner Roll Chilled Canned Fruit Fresh Fruit	12 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
15 Toasted Cheese Sweet Potato Puffs Carrot Coins, Spinach Chilled Canned Fruit Fresh Fruit	16 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	17 Mac & Cheese Stewed Tomatoes Carrots Chilled Canned Fruit Fresh Fruit	18 Chicken Nuggets Mashed Potatoes Green Beans Dinner Roll Chilled Canned Fruit Fresh Fruit	19 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
22 Burger On A Roll Sweet Tots Green Beans Chilled Canned Fruit Fresh Fruit	23 <u>Chicken Fajitas</u> Peppers & Onions Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit	24 Toasted Cheese Sweet Potato Puffs Carrot Coins, Spinach Chilled Canned Fruit Fresh Fruit	25 <u>Chicken Alfredo</u> Pasta Broccoli Dinner Roll Chilled Canned Fruit Fresh Fruit	26 Pizza Green Beans Chilled Canned Fruit Fresh Fruit
29 Meatball Sub Baked Beans, Sweet Fries Chilled Canned Fruit Fresh Fruit	30 <u>NACHO TUESDAY'S</u> Lettuce, Tomato, Cheddar Cheese, Black Beans Salsa, Brown Rice, Chilled Canned Fruit Fresh Fruit			

September 2025

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"