Every complete meal comes with a trip through the salad bar and a milk. In addition to the featured specials of the day, each secondary school kitchen offers a variety of hot and cold entree items each day.

Lunch Prices:
- Full Pay = $3.75
- Reduced = $0.40
- Adults = $4.25

A la carte items are available for purchase in addition to the hot lunch program. Prices for a la carte items vary.

Available Daily

The Issaquah School District provides equal opportunity in its programs, activities, and employment.

Featured Specials of the Day

Monday, March 9
- Western Chicken Burger
- Baby Carrots

Tuesday, March 10
- Tacos
- Pinto Beans
- Brownie

Wednesday, March 11
- Cheese or Pepperoni Pizza
- Broccoli
- Cowboy Cookie

Thursday, March 12
- Pasta w/ Meat Sauce & Whole Grain Breadstick/Roll
- Celery Sticks
- Snickerdoodle

Friday, March 13
- Chicken Tenders w/ Mashed Potatoes & Gravy
- Peas

Featured Specials of the Day

Monday, March 2
- Bacon Cheeseburger
- Baby Carrots

Tuesday, March 3
- Chicken Enchiladas w/ Green Chile Sauce
- Black Beans
- Double Chocolate Chip Cookie

Wednesday, March 4
- Orange Chicken w/ Brown Rice & Stir Fry Veggies
- Broccoli
- Fortune Cookie

Thursday, March 5
- Mac & Cheese w/ Whole Grain Roll
- Celery Sticks
- Crazy Cookie Day

Friday, March 6
- Fish N Chips
- Corn

Frugagatriskaidekaphobia

“Frugagatriskaidekaphobia” is the irrational fear of Friday the 13th. There’s really nothing to fear -- except maybe having to pronounce that word!
Monday, March 16
Chicken Cordon Bleu Burger
Baby Carrots

Tuesday, March 17
Nachos
Kidney Beans
Sugar Cookie

Wednesday, March 18
General Tso Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
Chocolate Chip Cake

Thursday, March 19
Chicken Parmesan w/ Pasta
Celery Sticks
Peanut Butter Cookie

Friday, March 20
Chicken Rings or Nuggets & Baked French Fries
Corn

Featured Specials of the Day

Monday, March 23
Aloha Burger
Baby Carrots

Tuesday, March 24
Chicken Fajitas
Black Beans
Oatmeal Butterscotch Cookie

Wednesday, March 25
Sweet & Sour Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
Chocolate Krinkle Cookie

Thursday, March 26
Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll
Celery Sticks
Chocolate Chip Cookie

Friday, March 27
Chicken Alfredo w/ Whole Grain Breadstick
Peas

Monday, March 30
Italian Chicken Sandwich
Baby Carrots

Tuesday, March 31
Chicken Enchiladas w/ Green Chile Sauce
Pinto Beans
Chocolate Cake

eatfit
wanna stay fit?
gotta eat right!

item: french fries
verdict: rarely, please

tip: Sorry to break this to you, but deep-fried french fries have very little actual nutritional value. You should only eat them once in a while, and if you never eat another one, you’re OK. Now, potatoes -- baked, mashed, oven-“fried” -- can be a nutritious part of your regular vegetable rotation. But deep-fried french fries, not so much.

FROZEN FOOD SECTION

Polar bears are the biggest bears in the world -- a big male may weigh a ton or more! To keep that weight on in a harsh climate, polar bears will eat just about anything, but by far their favorite meals are ringed and bearded seals.

ANIMAL APPETITES

9.5 BY THE NUMBERS
IN MILLIONS, THE NUMBER OF TEEN DRIVERS ON THE ROAD IN THE UNITED STATES