

Issaquah School District Elementary Menu

Health.e
LIVING



January 2019

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber

In addition, oranges are a good source of B vitamins including Vitamin B1, Pantothenic acid, and Folate as well as Vitamin A, Calcium, Copper, and Potassium



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

1
NO SCHOOL

2
#1 Cheeseburger
#2 Whole Grain Corndog

Celery Sticks & Craisins

3
#1 Pasta w/ Meat Sauce
#2 Chicken Burger

Garbanzo Beans & Peaches
Double C.C. Cookie

4
#1 Chicken Nuggets w/
Whole Grain Vanilla
Crackers
#2 Veggie Burger (M)
Corn & Applesauce Cup

7
#1 Mini Cheeseburger
Sliders
#2 Whole Grain Mini
Corndogs
Broccoli & Pears

8
#1 Teriyaki Beef Dippers
w/ Brown Rice
#2 Egg Roll w/ Brown Rice
Baby Carrots & Banana
Brownie

Brunch for Lunch!
9
#1 Dutch Waffle w/ Turkey
Sausage Patty
#2 Pancakes w/ Turkey
Sausage Patty
Celery Sticks & Strawberry
Cup

10
#1 Cheese (M) or
Pepperoni Pizza
#2 Turkey Deli Sandwich
Pinto Beans & Apple
Snickerdoodle

11
#1 Chicken Rings w/ Whole
Grain Breadstick
#2 Veggie Burger (M)
Peas & Mandarin Oranges

14
#1 BBQ Chicken Drum w/
Whole Grain Cornbread
#2 Whole Grain Corndog
Broccoli & Raisins

15
#1 Mac & Cheese (M)
#2 Hot Dog in a Bun
Baby Carrots & Peach Cup
Chocolate Krinkle Cookie

16
#1 Cheese (M) or Pepperoni
Pizza
#2 Turkey Ham Deli
Sandwich
Celery Sticks & Oranges

17
#1 Nacho Supreme
#2 Bean & Cheese Burrito
w/ Salsa (M)
Black Beans & Apple
C.C. Cake

18
#1 Chicken Nuggets w/
Whole Grain Vanilla
Crackers
#2 Veggie Burger (M)
Corn & Grapes

21
NO SCHOOL

22
#1 Lasagna w/ Whole Grain
Breadstick
#2 BBQ Chicken Drum w/
Whole Grain Breadstick
Baby Carrots & Fruit Cocktail
Apple Crisp

Brunch for Lunch
23
#1 Pancakes w/ Turkey
Sausage Patty
#2 French Toast Sticks w/
Turkey Sausage Patty
Celery Sticks & Peaches

24
#1 Cheese (M) or Pepperoni
Pizza
#2 Chicken Caesar Wrap
Kidney Beans & Oranges
Oatmeal C.C. Cookie

25
#1 Chicken Rings w/
Whole Grain Breadstick
#2 Veggie Burger (M)
Peas & Banana

28
NO SCHOOL

29
#1 Cheesy Rippers w/
Pizza Dipping Sauce (M)
#2 Beef Soft Taco w/ Salsa
Baby Carrots & Kiwi
Pumpkin Cake

30
#1 Cheese (M) or Pepperoni
Pizza
#2 Turkey Deli Sandwich
Celery Sticks & Grapes

31
#1 Cheese Zombie w/
Tomato Soup (M)
#2 Fish Nuggets w/
Tomato Soup
Baby Carrots & Pineapple
Crazy Cookie Day!

Announcements

(M) = Meatless Entrée

Daily Entrées Available:

- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Every complete meal comes with a choice of 1% white milk, fat free chocolate milk or 1% lactose-free white milk and a trip through the salad bar.

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

Meal Prices

Full Pay = \$3.75

K-3 Reduced = Free

4-5 Reduced = \$0.40

Adults = \$4.50