

# Issaquah School District Elementary Menu



# October 2018

## InSeason! Pumpkins

Scientifically speaking, pumpkins are a fruit (they contain seeds) but when it comes to cooking, they are often referred to as vegetables.



Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01

- #1 Chicken Burger
- #2 Whole Grain Corndog

Broccoli & Apples

02

- #1 Teriyaki Beef Dippers w/ Brown Rice
  - #2 Egg Roll w/ Brown Rice Baby Carrots & Pineapple Tidbits
- Brownie

Taste WA Day 03

- #1 Cheese (M) or Pepperoni Pizza
  - #2 Turkey Ham Deli Sandwich
- Fresh Locally Grown Fruit & Vegetable Options

04

- #1 Pasta w/ Meat Sauce
  - #2 Sloppy Joe
- Garbanzo Beans & Peaches  
Double C.C. Cookie

05

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

08

**NO SCHOOL**

09

- #1 Hamburger
  - #2 Hot Dog in a Bun
- Baby Carrots & Raisins  
Chocolate Krinkle Cookie

Brunch for Lunch! 10

- #1 Dutch Waffle w/ Turkey Sausage Patty
  - #2 Pancakes w/ Turkey Sausage Patty
- Celery Sticks & Oranges

11

- #1 Cheese (M) or Pepperoni Pizza
  - #2 Turkey Deli Sandwich
- Pinto Beans & Fruit Cocktail  
White Chocolate Cranberry Cookie

12

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

15

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

16

- #1 Lasagna w/ Whole Grain Breadstick
  - #2 BBQ Chicken Drum w/ Whole Grain Breadstick
- Baby Carrots & Banana  
Apple Crisp

17

- #1 Cheese (M) or Pepperoni Pizza
  - #2 Chicken Caesar Wrap
- Celery Sticks & Applesauce

18

- #1 Nacho Supreme
  - #2 Bean & Cheese Burrito w/ Salsa (M)
- Black Beans & Apples  
Snickerdoodle

19

- #1 Chicken Nuggets w/ Whole Grain Vanilla Crackers
  - #2 Veggie Burger (M)
- Corn & Mandarin Oranges

22

- #1 Mac & Cheese (M)
  - #2 Whole Grain Corndog
- Broccoli & Strawberry Cup

23

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

Brunch for Lunch 24

- #1 Pancakes w/ Turkey Sausage Patty
  - #2 French Toast Sticks w/ Turkey Sausage Patty
- Celery Sticks & Peaches

25

- #1 Cheese (M) or Pepperoni Pizza
  - #2 Turkey Ham Deli Sandwich
- Kidney Beans & Oranges  
Oatmeal C.C. Cookie

26

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

29

- #1 BBQ Chicken Drum w/ Whole Grain Cornbread
  - #2 Whole Grain Mini Corndogs
- Broccoli & Peach Cup

30

- #1 Cheese Zombie w/ Tomato Soup (M)
  - #2 Fish Nuggets w/ Tomato Soup
- Baby Carrots & Apples  
Chocolate Cake

31

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

## 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