

Issaquah School District Secondary Menu



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
Swedish Meatballs w/
Mashed Potatoes & Whole
Grain Roll
Broccoli & Peaches
Chocolate Cake

3
Orange Chicken w/ Brown
Rice & Stir Fry Veggies
Celery & Mandarin Oranges
Chocolate Krinkle Cookie

4
BBQ Chicken Drum w/
Whole Grain Cornbread
Corn & Applesauce Cup

7
Bacon Cheeseburger
Baby Carrots & Apple

8
Tacos
Garbanzo Beans & Grapes
Snickerdoodle

9
Philly Cheese Steak
Sandwich
Broccoli & Pears
White Chocolate Cranberry
Cookie

10
Chicken Alfredo W/
Whole Grain Breadstick
Celery & Orange
Oatmeal C.C. Cookie

11
Fish N Chips
Peas & Peach Cup

14
BBQ Chicken Drum w/
Whole Grain Roll
Baby Carrots & Raisins

15
Chicken Enchiladas w/
Green Chile Sauce
Pinto Beans & Banana
Brownies

16
Lasagna w/ Whole Grain
Breadstick/Roll
Broccoli & Fruit Cocktail
C.C. Cake

17
General Tso Chicken w/
Chow Mein & Stir Fry
Veggies
Celery & Pineapple Tidbits
Pumpkin Cake

18
Chicken Tenders w/ Mashed
Potatoes & Gravy
Peas & Applesauce Cup

21
NO SCHOOL

22
Chicken Fajitas
Kidney Beans & Pears
Peanut Butter Cookie

23
Cheese or Pepperoni Pizza
Broccoli & Apple
Double C.C. Cookie

No H.S. Lunch **24**
Western Chicken Burger
Celery & Craisins
Apple Crisp

No H.S. Lunch **25**
BBQ Pulled Pork Sandwich
Corn & Strawberry Cup

28
NO SCHOOL

29
Nachos
Black Beans & Kiwi
Churro

30
Mac & Cheese w/ Whole
Grain Roll
Broccoli & Grapes
Cowboy Cookie

31
Sweet & Sour Chicken w/
Brown Rice & Stir Fry
Veggies
Celery & Oranges
Sugar Cookie

NO SCHOOL

Announcements

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.

In addition to the featured special of the day each secondary kitchen offers a variety of hot and cold entrée options each day.

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

Meal Prices

Full Pay = \$4.00

Reduced = \$0.40

Adults = \$4.50

A la carte items are available in addition to the lunch program. Prices vary by item