

# Issaquah School District Secondary 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.

## 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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

01

Bacon Cheeseburger

Baby Carrots & Apple

02

Tacos

Garbanzo Beans & Grapes  
Double C.C. Cookie

Taste WA Day 03

Cheese or Pepperoni Pizza

Fresh Locally Grown Fruit &  
Vegetable Options  
Oatmeal C.C. Cookie

04

Orange Chicken w/ Brown  
Rice & Stir Fry Veggies

Celery & Apple  
Chocolate Cake

05

Fish N Chips

Peas & Applesauce Cup

08

**NO SCHOOL**

09

Chicken Enchiladas w/  
Green Chile Sauce

Pinto Beans & Peaches  
White Chocolate Cranberry  
Cookie

10

Swedish Meatballs w/  
Mashed Potatoes & Whole  
Grain Roll

Broccoli & Oranges  
Pumpkin C.C. Cookie

11

BBQ Chicken Drum w/  
Whole Grain Cornbread

Celery & Kiwi  
Chocolate Krinkle Cookie

12

Chicken Alfredo w/ Whole  
Grain Breadstick

Corn & Strawberries

15

BBQ Beef Rib Sandwich

Baby Carrots & Grapes

16

Chicken Fajitas

Kidney Beans & Pears  
Peanut Butter Cookie

17

Philly Cheese Steak  
Sandwich

Broccoli & Fruit Cocktail  
Brownie

18

General Tso Chicken w/  
Chow Mein & Stir Fry  
Veggies

Celery & Mandarin Oranges  
Oatmeal Cookie

19

Chicken Tenders w/ Mashed  
Potatoes & Gravy

Peas & Applesauce Cup

22

Western Chicken Burger

Baby Carrots & Apple

23

Nachos

Black Beans & Banana  
Churro

24

Lasagna w/ Whole Grain  
Breadstick/Roll

Broccoli & Craisins  
C.C. Cake

25

Sweet & Sour Chicken w/  
Brown Rice & Stir Fry  
Veggies

Celery & Oranges  
Snickerdoodle

26

BBQ Pulled Pork Sandwich

Corn & Strawberry Cup

29

BBQ Chicken Drum w/  
Whole Grain Roll

Baby Carrots & Grapes

30

Tacos

Garbanzo Beans & Kiwi  
Pumpkin Cake

31

Mac & Cheese w/ Whole  
Grain Roll

Broccoli & Apple  
Sugar Cookie