



December

2019

In Season Grapefruit

In just 1/2 (100g) of a grapefruit, there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!



Monday

Tuesday

Wednesday

Thursday

Friday

2
#1 Mini Cheeseburger Sliders
#2 Whole Grain Mini Corndogs
Broccoli & Peaches

3
#1 Teriyaki Beef Dippers w/ Brown Rice
#2 Teriyaki Chicken Drum w/ Brown Rice
Baby Carrots & Banana Snickerdoodle

4
NO SCHOOL

5
NO SCHOOL

6
#1 Chicken Nuggets w/ Whole Grain Vanilla Crackers
#2 Veggie Burger (M)
Corn & Mandarin Oranges

9
#1 BBQ Chicken Drum w/ Whole Grain Cornbread
#2 Whole Grain Corndog
Broccoli & Craisins

10
#1 Cheesy Rippers w/ Pizza Dipping Sauce (M)
#2 Beef Soft Taco w/ Salsa
Baby Carrots & Apple Chocolate Chip Cookie

Brunch for Lunch!
11
#1 Dutch Waffle w/ Turkey Sausage Patty
#2 Pancakes w/ Turkey Sausage Patty
Celery Sticks & Strawberry Cup

12
#1 Cheese (M) or Pepperoni Pizza
#2 Turkey Deli Sandwich
Kidney Beans & Apple Crazy Cookie Day*

13
#1 Chicken Rings w/ Whole Grain Breadstick
#2 Veggie Burger (M)
Peas & Grapes

16
#1 Mac & Cheese (M)
#2 Whole Grain Corndog
Broccoli & Fruit Cocktail

17
#1 Lasagna w/ Whole Grain Breadstick
#2 Chicken Burger
Baby Carrots & Pears Pumpkin Cake

18
#1 Cheese (M) or Pepperoni Pizza
#2 Chicken Caesar Wrap
Celery Sticks & Raisins

19
#1 Nacho Supreme
#2 Bean & Cheese Burrito w/ Salsa (M)
Black Beans & Peaches

20
#1 Chicken Nuggets w/ Whole Grain Vanilla Crackers
#2 Veggie Burger (M)
Corn & Applesauce Cup Holiday Cookie**

23
NO SCHOOL

24
NO SCHOOL

25
NO SCHOOL

26
NO SCHOOL

27
NO SCHOOL

30
NO SCHOOL

31
NO SCHOOL

*Contact kitchen for details on the cookie served this day.

**Our standard sugar cookie recipe that may contain additional food coloring and/or sprinkles. Contact kitchen for details.

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

Milk = \$0.50

Adults = \$4.50