



November 2019

In Season Oranges

The orange is a citrus fruit and is a hybrid of the pomelo and mandarin. There are over 600 varieties of oranges worldwide.



Monday

Tuesday

Wednesday

Thursday

Friday

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

Corn & Mandarin Oranges

4
#1 Mini Cheeseburger
Sliders
#2 Whole Grain Mini
Corndogs
Broccoli & Peaches

5
#1 Teriyaki Beef Dippers w/
Brown Rice
#2 Teriyaki Chicken Drum
w/ Brown Rice
Baby Carrots & Banana
Chocolate Chip Cookie

Brunch for Lunch! 6
#1 Dutch Waffle w/ Turkey
Sausage Patty
#2 Pancakes w/ Turkey
Sausage Patty
Celery Sticks & Strawberry
Cup

7
#1 Cheese (M) or
Pepperoni Pizza
#2 Turkey Deli Sandwich

Garbanzo Beans & Apple
Double C.C. Cookie

8
#1 Chicken Rings w/ Whole
Grain Breadstick
#2 Veggie Burger (M)

Peas & Grapes

11
NO SCHOOL

12
#1 Cheesy Rippers
w/ Pizza Dipping Sauce (M)
#2 Beef Soft Taco w/ Salsa

Baby Carrots & Apple
Chocolate Krinkle Cookie

13
#1 Cheese (M) or
Pepperoni Pizza
#2 Chicken Caesar Wrap

Celery Sticks & Raisins

14
#1 Pasta w/ Meat Sauce
#2 Hot Dog in a Bun

Pinto Beans & Pineapple
Brownie

15
#1 Chicken Nuggets
w/ Whole Grain Vanilla
Crackers
#2 Veggie Burger (M)
Corn & Applesauce Cup

18
#1 BBQ Chicken Drum w/
Whole Grain Cornbread
#2 Whole Grain Corndog

Broccoli & Craisins

19
#1 Toasted Cheese Sandwich
w/ Tomato Soup
#2 Cheeseburger w/ Tomato
Soup
Baby Carrots & Pears
Pumpkin Cake

Brunch for Lunch! 20
#1 Pancakes w/ Turkey
Sausage Patty
#2 French Toast Sticks w/
Turkey Sausage Patty
Celery Sticks & Orange

21
#1 Nacho Supreme
#2 Bean & Cheese Burrito
w/ Salsa (M)

Black Beans & Peaches
Snickerdoodle

22
#1 Chicken Rings w/ Whole
Grain Breadstick
#2 Veggie Burger (M)

Peas & Kiwi

25
#1 Mac & Cheese (M)
#2 Whole Grain Corndog

Broccoli & Fruit Cocktail

26
#1 Lasagna w/
Whole Grain Breadstick
#2 Chicken Burger

Baby Carrots & Pears
Sugar Cookie

27
#1 Cheese (M) or Pepperoni
Pizza
#2 Turkey Ham Deli
Sandwich
Celery Sticks & Applesauce
Cup

28
NO SCHOOL

29
NO SCHOOL

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