



October

2019

In Season Pumpkins

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

NO SCHOOL

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

Taste WA Day **2**
#1 Cheese (M) or Pepperoni Pizza
#2 Turkey Deli Sandwich
Fresh Locally Grown Fruit & Vegetable Options

3
#1 Pasta w/ Meat Sauce
#2 Hot Dog in a Bun
Kidney Beans & Pineapple
Chocolate Chio Cookie

4
#1 Chicken Nuggets w/ Whole Grain Vanilla Crackers
#2 Veggie Burger (M)
Corn & Applesauce Cup

7
#1 Mini Cheeseburger Sliders
#2 Whole Grain Mini Corndogs
Broccoli & Peaches

8
#1 Cheesy Rippers w/ Pizza Dipping Sauce (M)
#2 Beef Soft Taco w/ Salsa
Baby Carrots & Apple Pumpkin Cake

Brunch for Lunch! **9**
#1 Dutch Waffle w/ Turkey Sausage Patty
#2 Pancakes w/ Turkey Sausage Patty
Celery Sticks & Strawberry Cup

10
#1 Cheese (M) or Pepperoni Pizza
#2 Turkey Ham Deli Sandwich
Garbanzo Beans & Raisins
Snickerdoodle

11
#1 Chicken Rings w/ Whole Grain Breadstick
#2 Veggie Burger (M)
Peas & Mandarin Oranges

14
NO SCHOOL

15
#1 Cheeseburger
#2 Hot Dog in a Bun
Baby Carrots & Apple Frozen Treat

16
#1 Cheese (M) or Pepperoni Pizza
#2 Chicken Caesar Wrap
Celery Sticks & Kiwi

17
#1 Nacho Supreme
#2 Bean & Cheese Burrito w/ Salsa (M)
Black Beans & Pears
Chocolate Krinkle Cookie

18
#1 Chicken Nuggets w/ Whole Grain Vanilla Crackers
#2 Veggie Burger (M)
Corn & Grapes

21
#1 BBQ Chicken Drum w/ Whole Grain Cornbread
#2 Whole Grain Mini Corndogs
Broccoli & Craisins

22
#1 Lasagna w/ Whole Grain Breadstick
#2 Chicken Burger
Baby Carrots & Pears
Chocolate Cake

Brunch for Lunch! **23**
#1 Pancakes w/ Turkey Sausage Patty
#2 French Toast Sticks w/ Turkey Sausage Patty
Celery Sticks & Orange

24
#1 Cheese (M) or Pepperoni Pizza
#2 Turkey Deli Sandwich
Pinto Beans & Apple
Double C.C. Cookie

25
#1 Chicken Rings w/ Whole Grain Breadstick
#2 Veggie Burger (M)
Peas & Applesauce Cup

28
#1 Mac & Cheese (M)
#2 Whole Grain Corndog
Broccoli & Fruit Cocktail

29
#1 Toasted Cheese Sandwich w/ Tomato Soup
#2 Fish Nuggets w/ Tomato Soup
Baby Carrots & Pears
Fruit Crisp

30
#1 Cheese (M) or Pepperoni Pizza
#2 Turkey Ham Deli Sandwich
Celery Sticks & Peaches

31
#1 Cheeseburger
#2 Sloppy Joe
Kidney Beans & Orange
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