



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

BBQ Chicken Drum w/
Whole Grain Roll

Baby Carrots & Apple

3

Tacos

Garbanzo Beans & Orange
Snickerdoodle

4

Lasagna w/ Whole Grain
Breadstick/Roll

Broccoli & Fruit Cocktail
Double C.C. Cookie

5

Orange Chicken w/ Brown
Rice & Stir Fry Veggies

Celery & Grapes
Brownie

6

No M.S. Lunch
Fish N Chips

Peas & Raisins

9

Chicken Alfredo W/ Whole
Grain Breadstick

Baby Carrots & Craisins

10

Chicken Fajitas

Kidney Beans & Banana
Cowboy Cookie

11

Swedish Meatballs w/
Mashed Potatoes & Whole
Grain Roll

Broccoli & Peaches
Chocolate Chip Cookie

12

General Tso Chicken w/
Chow Mein & Stir Fry
Veggies

Celery & Pears
Peanut Butter Cookie

13

BBQ Chicken Drum w/
Whole Grain Cornbread

Peas & Peach Cup

16

No Gibson Ek Lunch
Bacon Cheeseburger

Baby Carrots & Apple

17

Nachos

Black Beans & Pineapple
Pumpkin Cake

18

Philly Cheese Steak
Sandwich

Broccoli & Mandarin
Oranges

19

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

Celery & Orange
White Choc Cran Cookie

20

BBQ Pulled Pork Sandwich

Corn & Strawberry Cup
Holiday Cookie*

23

NO SCHOOL

24

NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

30

NO SCHOOL

31

NO SCHOOL

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

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

Milk = \$0.50

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