



January

2020

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber.

In addition, oranges are a good source of B vitamins as well as Vitamin A.



Monday

Tuesday

Wednesday

Thursday

Friday

NO SCHOOL

NO SCHOOL

1
NO SCHOOL

2
NO SCHOOL

3
NO SCHOOL

6
Bacon Cheeseburger
Baby Carrots & Apple

7
Chicken Enchiladas w/ Green Chile Sauce
Pinto Beans & Pineapple Fruit Crisp

8
Lasagna w/ Whole Grain Breadstick/Roll
Broccoli & Fruit Cocktail
Double C.C. Cookie

9
Orange Chicken w/ Brown Rice & Stir Fry Veggies
Celery & Grapes Brownie

10
Fish N Chips
Peas & Orange

13
BBQ Chicken Drum w/ Whole Grain Roll
Baby Carrots & Apple

14
Tacos
Garbanzo Beans & Orange Snickerdoodle

15
Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll
Broccoli & Peaches
Chocolate Chip Cookie

16
General Tso Chicken w/ Chow Mein & Stir Fry Veggies
Celery & Pears
Peanut Butter Cookie

17
Chicken Tenders w/ Mashed Potatoes & Gravy
Corn & Applesauce Cup

20
NO SCHOOL

21
Chicken Fajitas
Kidney Beans & Banana Cowboy Cookie

22
Philly Cheese Steak Sandwich
Broccoli & Mandarin Oranges
Chocolate Krinkle Cookie

~~No Liberty, Skyline,~~ **23**
~~Issaquah High Lunch~~
Chicken Parmesan w/ Pasta
Celery & Apple
Chocolate Cake

~~No Liberty, Skyline,~~ **24**
~~Issaquah High Lunch~~
BBQ Pulled Pork Sandwich
Corn & Strawberry Cup

27
NO SCHOOL

28
Nachos
Black Beans & Pineapple Pumpkin Cake

29
Mac & Cheese w/ Whole Grain Roll
Broccoli & Grapes
Oatmeal C.C. Cookie

30
Sweet & Sour Chicken w/ Brown Rice & Stir Fry Veggies
Celery & Orange
Sugar Cookie

31
BBQ Chicken Drum w/ Whole Grain Cornbread
Peas & Peach Cup

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.