

Issaquah School District Secondary Menu



March 2020

In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins.

You can steam brussels sprouts and toss them with olive oil, parmesan cheese and butter for a delicious treat!



Monday

Tuesday

Wednesday

Thursday

Friday

2

Bacon Cheeseburger
Baby Carrots & Apple

3

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

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

Fish N Chips
Peas & Orange

9

BBQ Chicken Drum w/ Whole Grain Roll
Baby Carrots & Craisins

10

Tacos
Garbanzo Beans & Orange Snickerdoodle

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
Chocolate Krinkle Cookie

13

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

16

Chicken Alfredo w/ Whole Grain Breadstick
Baby Carrots & Apple

17

Nachos
Black Beans & Peaches
Holiday Cookie*

18

Philly Cheese Steak Sandwich
Broccoli & Mandarin Oranges
Chocolate Cake

19

Sweet & Sour Chicken w/ Brown Rice & Stir Fry Veggies
Celery & Raisins
Peanut Butter Cookie

No M.S. or Gibson Ek Lunch 20

BBQ Pulled Pork Sandwich
Corn & Strawberry Cup

23

Western Chicken Burger
Baby Carrots & Fruit Cocktail

24

Chicken Fajitas
Kidney Beans & Banana
Cowboy Cookie

25

Mac & Cheese w/ Whole Grain Roll
Broccoli & Grapes
Sugar Cookie

26

Chicken Parmesan w/ Pasta
Celery & Pears
Oatmeal C.C. Cookie

27

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

30

Meatball Sandwich
Baby Carrots & Applesauce Cup

31

Chicken Enchiladas w/ Green Chile Sauce
Pinto Beans & Pineapple
C.C. Cake

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