



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

Blank menu box for Monday.

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Blank menu box for Thursday.

1
Fish N Chips

Peas & Orange

4
Bacon Cheeseburger

Baby Carrots & Apple

5
Tacos

Garbanzo Beans & Orange Chocolate Chip Cake

6
Lasagna w/ Whole Grain Breadstick/Roll

Broccoli & Fruit Cocktail Double C.C. Cookie

7
Orange Chicken w/ Brown Rice & Stir Fry Veggies

Celery & Grapes Snickerdoodle

8
BBQ Chicken Drum w/ Whole Grain Cornbread

Peas & Peach Cup

11
NO SCHOOL

12
Chicken Fajitas

Kidney Beans & Banana Cowboy Cookie

13
Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll

Broccoli & Peaches Brownie

14
General Tso Chicken w/ Chow Mein & Stir Fry Veggies

Celery & Pears Peanut Butter Cookie

15
Chicken Tenders w/ Mashed Potatoes & Gravy

Corn & Applesauce Cup

18
Chicken Alfredo w/ Whole Grain Breadstick

Baby Carrots & Craisins

19
Chicken Enchiladas w/ Green Chile Sauce

Pinto Beans & Pineapple Fruit Crisp

20
Philly Cheese Steak Sandwich

Broccoli & Mandarin Oranges Chocolate Chip Cookie

21
Sweet & Sour Chicken w/ Brown Rice & Stir Fry Veggies

Celery & Orange Oatmeal Cookie

22
BBQ Pulled Pork Sandwich

Peas & Strawberry Cup

25
BBQ Chicken Drum w/ Whole Grain Roll

Baby Carrots & Apple

26
Nachos

Black Beans & Peaches Pumpkin Cake

27
Mac & Cheese w/ Whole Grain Roll

Broccoli & Grapes Sugar Cookie

28
NO SCHOOL

29
NO SCHOOL

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.