



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

1

Nachos

Black Beans & Raisins
Brownie

2

Taste WA Day

Cheese or Pepperoni Pizza

Fresh Locally Grown Fruit & Vegetable Options
Oatmeal C.C. Cookie

3

Orange Chicken w/ Brown Rice & Stir Fry Veggies

Celery & Grapes
Snickerdoodle

4

Fish N Chips

Peas & Orange

7

Bacon Cheeseburger

Baby Carrots & Apple

8

Tacos

Garbanzo Beans & Orange
Chocolate Chip Cookie

9

Lasagna w/ Whole Grain Breadstick/Roll

Broccoli & Fruit Cocktail
Fruit Sorbet

10

BBQ Chicken Drum w/ Whole Grain Cornbread

Celery & Peach Cup
Pumpkin Cake

11

Chicken Tenders w/ Mashed Potatoes & Gravy

Corn & Applesauce Cup

14

NO SCHOOL

15

Chicken Fajitas

Kidney Beans & Banana
Cowboy Cookie

16

Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll

Broccoli & Peaches
C.C. Cake

17

General Tso Chicken w/ Chow Mein & Stir Fry Veggies

Celery & Pears
White Chocolate Cranberry Cookie

18

BBQ Pulled Pork Sandwich

Peas & Strawberry Cup

21

BBQ Chicken Drum w/ Whole Grain Roll

Baby Carrots & Apple

22

Chicken Enchiladas w/ Green Chile Sauce

Pinto Beans & Pineapple
Chocolate Krinkle Cookie

23

Philly Cheese Steak Sandwich

Broccoli & Mandarin Oranges
Peanut Butter Cookie

24

Chicken Parmesan w/ Pasta

Celery & Pears
Chocolate Cake

25

Western Cheeseburger

Corn & Applesauce Cup

28

Chicken Alfredo W/ Whole Grain Breadstick

Baby Carrots & Kiwi

29

Nachos

Black Beans & Peaches
Brownie

30

Mac & Cheese w/ Whole Grain Roll

Broccoli & Grapes
Fruit Crisp

31

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

Celery & Orange
Sugar Cookie

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

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