

Issaquah School District Lunch Menu



April

2021

In Season Artichoke

One serving of artichokes provides greater antioxidant benefits per serving than many other foods traditionally considered to be antioxidant-rich.



They also provide 10.3 grams of dietary fiber, which can improve your overall digestive health.

Monday

Tuesday

Wednesday

Thursday

Friday

Blank menu box for Monday.

Blank menu box for Tuesday.

Blank menu box for Wednesday.

1
#1 Western Chicken Burger
#2 Toasted Cheese Sandwich (M)
Pinto Beans & Craisins

2
#1 Teriyaki Beef Dippers w/ Brown Rice
#2 Baked Potato Lunch (M)

Peas & Fresh Pear
Rice Krispie Treat

Meal Pick-up 5
#1 Cheeseburger
#2 Yogurt Lunch (M)

Broccoli & Apple

6
#1 Whole Grain Corndog
#2 Mac & Cheese w/ Goldfish Crackers (M)
Baby Carrots & Peaches
Chocolate Bear Graham

7
#1 Chicken Burger
#2 Veggie Burger (M)

Celery Sticks & Orange

8
#1 Pasta w/ Meat Sauce & Mozzarella
#2 Protein Pack (M)

Kidney Beans & Applesauce Cup

9
#1 General Tso Chicken w/ Brown Rice
#2 Yogurt Lunch (M)

Corn & Pineapple Tidbits
Chocolate Elf Grahams

Meal Pick-up 12
#1 Turkey Ham Deli Sandwich
#2 Black Bean Veggie Burger (M)
Broccoli & Fresh Strawberries

13
#1 Chicken Nuggets w/ Cheez-it Crackers
#2 Bean & Cheese Burrito w/ Salsa & Sour Cream (M)
Baby Carrots & Pears
Churro

14
#1 Cheesy Rippers w/ Pizza Dipping Sauce (M)
#2 Cheesy Rippers w/ Pizza Dipping Sauce (M)
Celery Sticks & Apple

15
#1 Chicken Tenders w/ Bunny Grahams, Mashed Potatoes & Gravy
#2 Protein Pack (M)
Black Beans & Raisins

16
#1 Teriyaki Chicken w/ Brown Rice
#2 Baked Potato Lunch (M)

Corn & Mixed Berry Cup
Annie's Bunny Grahams

Meal Pick-up 19
#1 Bacon Cheeseburger
#2 Black Bean Burger (M)

Broccoli & Banana

20
#1 Mac & Cheese w/ Goldfish Crackers (M)
#2 Mac & Cheese w/ Goldfish Crackers (M)
Baby Carrots & Orange
Mott's Fruit Snack

21
#1 Western Cheeseburger
#2 Yogurt Lunch (M)

Celery Sticks & Peach Cup

22
#1 Whole Grain Mini Corndogs
#2 Pita & Hummus (M)

Garbanzo Beans & Grapes

23
#1 Orange Chicken w/ Brown Rice
#2 Veggie Burger (M)

Peas & Fruit Cocktail
Chocolate Caramel Chex Mix

Meal Pick-up 26
#1 Turkey Ham Deli Sandwich
#2 Toasted Cheese Sandwich (M)
Broccoli & Apple

27
#1 BBQ Chicken Drumstick w/ Cornbread
#2 Baked Potato Lunch (M)

Baby Carrots & Peaches
Fruit Roll-up

28
#1 Beef Nacho Supreme
#2 Black Bean Nacho Supreme (M)
Celery Sticks & Applesauce Cup

29
#1 Pancakes w/ Turkey Sausage Patties
#2 Pancakes w/ Hard Boiled Egg & String Cheese (M)
Pinto Beans & Fresh Pear

30
#1 Sweet & Sour Chicken w/ Brown Rice
#2 Yogurt Lunch (M)

Corn & Pineapple Tidbits
Rice Krispie Treat

Announcements

The Issaquah School District will be distributing free meals to all children 18 years of age and younger. 5 breakfasts and lunches will be distributed on Mondays from 4:00 – 6:00 p.m. at 9 locations. Visit the district's [Meal Services](#) webpage for details on meal distribution during remote/hybrid learning.

Free meals will be available for all secondary students attending in-person instruction.

Choice of 1% white milk or 1% lactose free white milk

Meal Prices

Full Pay = Free
K-3 Reduced = Free
4-12 Reduced = Free

(M) = Meatless Entrée

The Issaquah School District provides equal opportunities in its programs, activities and employment