

# Issaquah School District Lunch Menu



# February

# 2021

## In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.

Broccoli contains high levels of both calcium and vitamin K, both of which are important for bone health and prevention of osteoporosis.



### Monday

#### Meal Pick-up 1

- #1 Chicken Burger
- #2 Yogurt Lunch (M)

Broccoli & Apple

### Tuesday

#### 2

- #1 Teriyaki Beef Dippers w/ Brown Rice
- #2 Mac & Cheese w/ Goldfish Crackers (M)
- Baby Carrots & Peaches
- Chocolate Bear Graham

### Wednesday

#### 3

- #1 Cheeseburger
- #2 Veggie Burger (M)

Celery Sticks & Orange

### Thursday

#### Meal Pick-up 4

- #1 Pasta w/ Meat Sauce
- #2 Protein Pack (M)

Pinto Beans & Applesauce Cup

### Friday

#### 5

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

Corn & Pineapple  
Rice Krispie Treat

#### Meal Pick-up 8

- #1 Turkey Ham Deli Sandwich
- #2 Black Bean Veggie Burger (M)
- Broccoli & Pears

#### 9

- #1 Buffalo Chicken Bites w/ Crinkle Cut Fries
- #2 Bean & Cheese Burrito w/ Salsa & Sour Cream (M)
- Baby Carrots & Craisins
- Churro

#### 10

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

#### Meal Pick-up 11

- #1 Chicken Tenders w/ Bunny Grahams, Mashed Potatoes & Gravy
- #2 Pita & Hummus (M)
- Kidney Beans & Apple

#### 12

- #1 Whole Grain Corndog
- #2 Baked Potato Lunch (M)
- Peas & Applesauce Cup
- Chocolate Elf Grahams

#### 15

- #1 Chicken Rings w/ Cheez-It Crackers
- #2 Toasted Cheese Sandwich (M)
- Broccoli & Raisins

#### Meal Pick-up 16

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

#### 17

- #1 Spicy Chicken Burger
- #2 Yogurt Lunch (M)

Celery Sticks & Craisins

#### 18

- #1 Whole Grain Mini Corndogs
- #2 Protein Pack (M)

Black Beans & Mandarin Oranges

#### 19

- #1 General Tso Chicken w/ Brown Rice
- #2 Pita & Hummus (M)

Corn & Grapes  
Annie's Bunny Grahams

#### Meal Pick-up 22

- #1 Bacon Cheeseburger w/ Seasoned Fries
- #2 Veggie Burger w/ Seasoned Fries (M)
- Broccoli & Banana

#### 23

- #1 BBQ Chicken Drumstick w/ Cornbread
- #2 Baked Potato Lunch (M)
- Baby Carrots & Peach Cup
- Fruit Roll-up

#### 24

- #1 Beef Nacho Supreme
- #2 Black Bean Nacho Supreme (M)

Celery Sticks & Berry Cup

#### 25

- #1 Pancakes w/ Turkey Sausage Patties
- #2 Pancakes w/ Hard Boiled Egg & String Cheese (M)
- Garbanzo Beans & Pears

#### 26

- #1 Orange Chicken w/ Brown Rice
- #2 Veggie Burger (M)
- Peas & Fruit Cocktail
- Crazy Cookie Day\*

\*Contact kitchen for details on the cookie served this day

## Announcements

The Issaquah School District will be serving free meals to all children 18 years of age and younger.

3 breakfasts and lunches will be distributed on Mondays and 2 breakfasts and lunches will be distributed on Thursdays from 4:00 – 6:00 p.m. at 9 locations.

Visit the district's [Meal Services](#) webpage for details on meal distribution during remote learning.

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.*