

# Issaquah School District Lunch Menu

# January

# 2021



## In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber.

In addition, oranges are a good source of B vitamins as well as Vitamin A.



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

**No School**

**4**  
#1 Chicken Burger  
#2 Yogurt Lunch (M)  
  
Broccoli & Raisins

**11**  
#1 Turkey Deli Sandwich  
#2 Black Bean Veggie Burger (M)  
  
Broccoli & Pears

**No School 18**  
#1 Chicken Nuggets w/ Cheez-It Crackers  
#2 Toasted Cheese Sandwich (M)  
Broccoli & Apple

**No School 25**  
#1 Bacon Cheeseburger  
#2 Veggie Burger (M)  
  
Broccoli & Banana

**No School**

**5**  
#1 Teriyaki Beef Dippers w/ Brown Rice  
#2 Mac & Cheese w/ Goldfish Crackers (M)  
Peas & Strawberry Cup  
Chocolate Bear Graham

**12**  
#1 Cheeseburger  
#2 Bean & Cheese Burrito w/ Salsa & Sour Cream (M)  
  
Baby Carrots & Craisins  
Churro

**19**  
#1 Mac & Cheese w/ Goldfish Crackers (M)  
#2 Mac & Cheese w/ Goldfish Crackers (M)  
Baby Carrots & Orange  
Mott's Fruit Snack

**26**  
#1 BBQ Chicken Drumstick w/ Cornbread  
#2 Baked Potato Lunch (M)  
  
Baby Carrots & Peach Cup  
Fruit Roll-up

**No School**

**6**  
#1 Mini Corndogs  
#2 Veggie Burger (M)  
  
Corn & Raisins

**13**  
#1 Cheesy Rippers w/ Pizza Dipping Sauce (M)  
#2 Cheesy Rippers w/ Pizza Dipping Sauce (M)  
Celery & Peaches

**20**  
#1 Western Chicken Burger  
#2 Yogurt Lunch (M)  
  
Celery Sticks & Craisins

**27**  
#1 Beef Nacho Supreme  
#2 Black Bean Nacho Supreme (M)  
  
Celery Sticks & Craisins

**No School**

**7**  
#1 Cheeseburger  
#2 Protein Pack (M)  
  
Pinto Beans & Applesauce Cup

**14**  
#1 Chicken Tenders w/ Bunny Grahams, Mashed Potatoes & Gravy  
#2 Pita & Hummus (M)  
Kidney Beans & Apple

**21**  
#1 Pasta w/ Meat Sauce  
#2 Protein Pack (M)  
  
Black Beans & Mandarin Oranges

**28**  
#1 Pancakes w/ Turkey Sausage Patties  
#2 Pancakes w/ Hard Boiled Egg & String Cheese (M)  
Garbanzo Beans & Raisins

**No School 1**

**8**  
#1 Sweet & Sour Chicken w/ Brown Rice  
#2 Yogurt Lunch (M)  
  
Baby Carrots & Pineapple  
Rice Krispie Treat

**15**  
#1 Whole Grain Corndog  
#2 Baked Potato Lunch (M)  
  
Peas & Applesauce Cup  
Chocolate Elf Grahams

**22**  
#1 General Tso Chicken w/ Brown Rice  
#2 Pita & Hummus (M)  
  
Corn & Grapes  
Annie's Bunny Grahams

**29**  
#1 Orange Chicken w/ Brown Rice  
#2 Veggie Burger (M)  
  
Peas & Fruit Cocktail  
Chocolate Caramel Chex Mix

## 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.*