

Issaquah School District Lunch Menu



March

2021

In Season Brussels Sprouts

Brussels sprouts are a good source of fiber, manganese, potassium, choline, and B vitamins.

You can steam brussels sprouts and toss them with olive oil, parmesan cheese and butter for a delicious treat!



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

4

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

Pinto Beans & Applesauce Cup

Friday

5

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

Corn & Pineapple Tidbits
Rice Krispie Treat

Meal Pick-up 8

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

9

#1 Chicken Nuggets 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 & Apple

11

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

12

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

Meal Pick-up 15

#1 Turkey Deli Sandwich
#2 Toasted Cheese Sandwich (M)
Broccoli & Peaches

16

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

17

#1 Western Cheeseburger
#2 Yogurt Lunch (M)

Celery Sticks & Craisins

18

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

Black Beans & Grapes

19

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

Corn & Pears
Annie's Bunny Grahams

Meal Pick-up 22

#1 Bacon Cheese-burger w/ Seasoned Fries
#2 Black Bean 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 & Apple

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
Chocolate Caramel Chex Mix

Meal Pick-up 29

#1 Chicken Burger
#2 Yogurt Lunch (M)

Broccoli & Apple

30

#1 Hot Dog
#2 Mac & Cheese w/ Goldfish Crackers (M)

Baby Carrots & Peaches
Chocolate Bear Graham

31

#1 Cheesy Chicken Alfredo w/ Whole Grain Roll
#2 Veggie Burger (M)

Celery Sticks & Apple

Announcements

The Issaquah School District will be serving 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.

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.