

# Issaquah School District Lunch Menu



# May

# 2021

## In Season Cherries

Cherries are known to contain certain chemicals that are very effective in relieving pain better than medicines like aspirin and ibuprofen.

Cherries are best paired with things like chives, dairy products, and meats.



## Monday

### Meal Pick-up 3

#1 Cheeseburger  
#2 Pita & Hummus (M)

Broccoli & Apple

## Tuesday

### Meal Pick-up 4

#1 Whole Grain  
Corndog  
#2 Baked Potato Lunch (M)

Baby Carrots & Peaches  
Chocolate Bear Graham

## Wednesday

### Meal Pick-up 5

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

Celery Sticks & Orange

## Thursday

### Meal Pick-up 6

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

Kidney Beans & Applesauce  
Cup

## Friday

### Meal Pick-up 7

#1 Chicken Burger  
#2 Veggie Burger (M)

Peas & Pineapple Tidbits  
Chocolate Elf Grahams

### Meal Pick-up 10

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

### Meal Pick-up 11

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

### Meal Pick-up 12

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

Celery Sticks & Apple

### Meal Pick-up 13

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

### Meal Pick-up 14

#1 Cheesy Rippers  
w/ Pizza Dipping Sauce (M)  
#2 Cheesy Rippers  
w/ Pizza Dipping Sauce (M)  
Corn & Mixed Berry Cup  
Annie's Bunny Grahams

### Meal Pick-up 17

#1 Bacon  
Cheeseburger  
#2 Black Bean Burger (M)

Broccoli & Banana

### Meal Pick-up 18

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

### Meal Pick-up 19

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

Celery Sticks & Mandarin  
Oranges

### Meal Pick-up 20

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

Garbanzo Beans & Grapes

### Meal Pick-up 21

#1 Western  
Cheeseburger  
#2 Yogurt Lunch (M)

Peas & Fruit Cocktail  
Chocolate Caramel Chex Mix

### Meal Pick-up 24

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

### Meal Pick-up 25

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

Baby Carrots & Peaches  
Fruit Roll-up

### Meal Pick-up 26

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

Celery & Applesauce Cup

### Meal Pick-up 27

#1 Pancakes w/  
Turkey Sausage Patties  
#2 Pancakes w/ Hard Boiled  
Egg & String Cheese (M)  
Pinto Beans & Mixed Berry  
Cup

### Meal Pick-up 28

#1 Beef Nacho  
Supreme  
#2 Black Bean Nacho  
Supreme (M)  
Corn & Pineapple Tidbits  
Rice Krispie Treat

### Meal Pick-up 31

#1 Teriyaki Beef  
Dippers w/ Brown Rice  
#2 Mac & Cheese w/ Goldfish  
Crackers (M)  
Broccoli & Raisins

## 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*