

Issaquah School District Lunch Menu

**Health-e
LIVING**



November

2020

In Season Oranges

The orange is a citrus fruit and is a hybrid of the pomelo and the mandarin. There are over 600 varieties of oranges worldwide.



Monday

Tuesday

Wednesday

Thursday

Friday

2

- #1 Mini Cheeseburgers
- #2 Toasted Cheese Sandwich (M)

Broccoli & Pears

3

- #1 Chicken Nuggets w/ Cheez-It Crackers
- #2 Pita & Hummus (M)

Baby Carrots & Craisins
Mott's Fruit Snack

4

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

Celery Sticks & Peach Cup

5

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

Kidney Beans & Apple
Fruit Sorbet

6

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

Peas & Pineapple

9

- #1 Turkey Deli Sandwich
- #2 Black Bean Veggie Burger (M)

Broccoli & Applesauce Cup

10

- #1 Cheeseburger
- #2 Bean & Cheese Burrito w/ Salsa & Sour Cream (M)

Baby Carrots & Peaches
Annie's Bunny Grahams

No School 11

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

12

- #1 General Tso Chicken w/ Brown Rice
- #2 Mac & Cheese w/ Goldfish Crackers (M)
- Garbanzo Beans & Apple Churro

13

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

Corn & Strawberry Cup

16

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

Broccoli & Apple

17

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

Baby Carrots & Raisins
Rice Krispie Treat

18

- #1 Western Chicken Burger
- #2 Toasted Cheese Sandwich (M)

Celery & Mixed Berry Cup

19

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

Black Beans & Orange
Fruit Roll-up

20

- #1 Chicken Tenders w/ Bunny Grahams, Mashed Potatoes & Gravy
- #2 Yogurt Lunch (M)
- Peas & Pears

23

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

Broccoli & Blueberries

24

- #1 Teriyaki Beef Dippers w/ Brown Rice
- #2 Pita & Hummus (M)

Baby Carrots & Banana
Chocolate Elf Graham

25

- #1 Pancakes w/ Turkey Sausage Patties
- #2 Pancakes w/ Hard Boiled Egg & String Cheese (M)
- Celery & Applesauce Cup

No School 26

- #1 Cheese Personal Pizza (M)
- #2 Cheese Personal Pizza (M)

Bell Pepper Slices & Craisins

No School 27

- #1 Grilled Cheese Stuffwich (M)
- #2 Grilled Cheese Stuffwich (M)
- Mixed Veggies & Orange

30

- #1 BBQ Chicken Drumstick w/ Cornbread
- #2 Mac & Cheese w/ Goldfish Crackers (M)
- Broccoli & Craisins

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 7 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.