



Issaquah School District Lunch Menu

October 2020

In Season Pumpkins

Pumpkin soup is popular, as are roasted pumpkin seeds. As a food, pumpkin can be baked, roasted, steamed or boiled.



Monday

Tuesday

Wednesday

Thursday

Friday

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Blank menu box for Tuesday.

Blank menu box for Wednesday.

1
#1 Chicken Burger
#2 Protein Pack (M)

Kidney Beans & Apple
Fruit Sorbet

2
#1 Whole Grain Mini
Corndogs
#2 Yogurt Lunch (M)

Corn & Pineapple

5
#1 Hamburger
#2 Toasted Cheese
Sandwich (M)

Broccoli & Pears

6
#1 Chicken Nuggets w/
Cheez-It Crackers
#2 Pita & Hummus (M)

Baby Carrots & Craisins
Mott's Fruit Snack

7
#1 Whole Grain Corndog
#2 Baked Potato Lunch (M)

Celery Sticks & Peach Cup

8
#1 Beef Nacho Supreme
#2 Black Bean Nacho
Supreme (M)

Garbanzo Beans & Apple
Churro

9
#1 Mac & Cheese w/ Goldfish
Crackers (M)
#2 Mac & Cheese w/ Goldfish
Crackers (M)
Peas & Grapes

12
#1 Turkey Deli Sandwich
#2 Black Bean Veggie
Burger (M)
Broccoli & Applesauce Cup

13
#1 Cheeseburger
#2 Bean & Cheese Burrito w/
Salsa & Sour Cream (M)

Baby Carrots & Peaches
Annie's Bunny Grahams

14
#1 Cheesy Rippers w/ Pizza
Dipping Sauce (M)
#2 Cheesy Rippers w/ Pizza
Dipping Sauce (M)
Celery & Fruit Cocktail

15
#1 BBQ Puled Pork Sandwich
#2 Protein Pack (M)

Black Beans & Orange
Fruit Roll-up

16
#1 Sweet & Sour Chicken w/
Brown Rice
#2 Yogurt Lunch (M)

Corn & Pears

19
#1 Pasta w/ Meat Sauce &
Whole Grain Roll
#2 Baked Potato Lunch (M)

Broccoli & Apple

20
#1 Chicken Tenders w/
Grahams, Mashed Potatoes
& Gravy
#2 Veggie Burger (M)
Baby Carrots & Raisins
Chocolate Elf Grahams

21
#1 Western Chicken Burger
#2 Toasted Cheese
Sandwich (M)

Celery & Orange

22
#1 BBQ Chicken Drumstick
w/ Cornbread
#2 Mac & Cheese w/ Goldfish
Crackers (M)
Pinto Beans & Craisins
Chocolate Caramel Chex Mix

23
#1 General Tso Chicken w/
Brown Rice
#2 Black Bean Nacho
Supreme (M)
Peas & Pineapple

26
#1 Teriyaki Beef Dippers w/
Brown Rice
#2 Pita & Hummus (M)

Broccoli & Banana

27
#1 Bacon Cheeseburger
#2 Black Bean Veggie
Burger (M)

Baby Carrots & Grapes
Rice Krispie Treat

28
#1 Pancakes w/ Turkey
Sausage Patties
#2 Pancakes w/ Hard Boiled
Egg & String Cheese (M)
Celery & Applesauce Cup

29
#1 Chicken Burger
#2 Protein Pack (M)

Kidney Beans & Apple
Fruit Sorbet

30
#1 Orange Chicken w/ Brown
Rice
#2 Bean & Cheese Burrito w/
Salsa & Sour Cream
Corn & Strawberry Cup

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.