

Issaquah School District Lunch Menu



September 2020

In Season Grapes

One cup of grapes, with about 100 calories, provides more than a quarter of the daily recommended values of vitamins K and C. Grape seeds, which are edible, are full of antioxidants.



Monday

Tuesday

Wednesday

Thursday

Friday

1

1

#1 Chicken Burger
#2 Yogurt Lunch (M)

Baby Carrots & Apple
Rice Krispie Treat

2

#1 Turkey Deli Sandwich
#2 Toasted Cheese Sandwich (M)

Celery Sticks & Orange

3

#1 Whole Grain Corndog
#2 Pita & Hummus (M)

Kidney Beans & Pineapple
Fruit Sorbet

4

#1 Chicken Nuggets w/
Cheez-It Crackers
#2 Veggie Burger (M)

Corn & Mandarin Oranges

7

NO SCHOOL

8

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

Baby Carrots & Apple
Churro

9

#1 Mini Cheeseburger Sliders
#2 Baked Potato Lunch (M)

Celery Sticks & Berry Cup

10

#1 Mac & Cheese w/ Goldfish Crackers (M)
#2 Mac & Cheese w/ Goldfish Crackers (M)
Garbanzo Beans & Craisins
Mott's Fruit Snack

11

#1 Whole Grain Mini Corndogs
#2 Black Bean Veggie Burger (M)
Peas & Applesauce Cup

14

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

Broccoli & Peaches

15

#1 Cheesy Rippers w/ Pizza Dipping Sauce (M)
#2 Cheesy Rippers w/ Pizza Dipping Sauce (M)
Baby Carrots & Pears
Annie's Bunny Grahams

16

#1 BBQ Pulled Pork Sandwich
#2 Protein Pack (M)

Celery Sticks & Orange

17

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

Black Beans & Peach Cup
Fruit Roll-up

18

#1 Chicken Tenders w/ Grahams, Mashed Potatoes & Gravy
#2 Veggie Burger (M)
Corn & Raisins

21

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

Broccoli & Apple

22

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

Baby Carrots & Banana
Chocolate Elf Grahams

23

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

Celery Sticks & Peaches

24

#1 General Tso Chicken w/ Chow Mein
#2 Black Bean Nacho Supreme (M)
Pinto Beans & Raisins
Chocolate Caramel Chex Mix

25

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

Peas & Grapes

28

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

29

#1 Pancakes w/ Turkey Sausage Patties
#2 Pancakes w/ Hard Boiled Egg & String Cheese (M)
Baby Carrots & Orange
Rice Krispie Treat

30

#1 Cheeseburger
#2 Bean & Cheese Burrito w/ Salsa & Sour Cream

Celery Sticks & Strawberry Cup

Announcements

The Issaquah School District will be serving free meals to all children 18 years of age and younger.

On 9/14 & 9/21 we will distribute 5 lunches at our three high schools from 4:00-6:00 p.m..

Beginning 9/28 we will begin distributing multiple breakfasts and lunches on Mondays & Thursdays at 7 district locations.

Visit the district's [Meal Services](#) webpage for details on meal distribution during remote learning.

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.