



Issaquah School District Breakfast 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

Blank menu card for Monday.

Blank menu card for Tuesday.

Blank menu card for Wednesday.

1
Animal Crackers
Mixed Berry Cup

2
English Muffin & Jelly
Applesauce Cup

5
Strawberry Pop-Tart
Apple

6
Dutch Waffle
Grapes

7
Teddy Cubs Graham Crackers
Orange

8
Bagel w/ Jelly
Raisins

9
Cheerios Cereal
Pineapple Tidbits

12
Pancakes
Peaches

13
Blueberry Muffin Loaf
Strawberry Cup

14
Froot Loops Cereal
Apple

15
Bug Bites Grahams
Banana

16
Cinnamon Toast Crunch Cereal Bar
Applesauce Cup

19
Brown Sugar and Cinnamon Pop-Tart
Peach Cup

20
French Toast Sticks
Craisins

21
Cocoa Puffs Cereal
Fruit Cocktail

22
Scooby Doo Grahams
Pears

23
Banana Muffin Loaf
Orange

26
Trix Cereal Bar
Apple

27
Waffle Sticks
Mandarin Oranges

28
Rice Krispies Cereal
Raisins

29
Chocolate Elf Grahams
Orange

30
English Muffin & Jelly
Pineapple

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.