



January

2022

Issaquah School District Elementary Lunch Menu

In Season Oranges

Oranges are a great source of Vitamin C and Dietary Fiber.

In addition, oranges are a good source of B vitamins as well as Vitamin A.



Monday

Tuesday

Wednesday

Thursday

Friday

3

#1 Mac & Cheese (M)
Pinto Beans & Fruit Cocktail

4

#1 Teriyaki Beef Dippers w/
Brown Rice
Baby Carrots & Apple
Rice Krispie Treat

5

#1 Cheese (M) or Pepperoni
Pizza
Celery Sticks & Orange

6

#1 Pasta w/ Meat Sauce
Broccoli & Pineapple
Snickerdoodle

7

#1 Chicken Nuggets w/
Whole Grain Vanilla Crackers
Corn & Grapes

10

#1 BBQ Chicken Drumstick
w/ Whole Grain Cornbread
Broccoli & Peaches

11

#1 Lasagna w/ Whole Grain
Breadstick
Baby Carrots & Apple
Mott's Fruit Snack

12

#1 Dutch Waffle w/ Turkey
Sausage
Celery Sticks & Berry Cup

13

#1 Cheese (M) or Pepperoni
Pizza
Kidney Beans & Pears
Sugar Cookie

14

#1 Whole Grain Corndog
Peas & Mandarin Oranges

17

No School

18

#1 Toasted Cheese Sandwich
w/ Tomato Soup (M)
Baby Carrots & Raisins
Rice Krispie Treat

19

#1 Turkey Deli Sandwich
Celery Sticks & Peach Cup

20

#1 Nacho Supreme
Black Beans & Craisins
Double C.C. Cookie

21

#1 Chicken Nuggets w/
Whole Grain Vanilla Crackers
Corn & Grapes

24

#1 Hamburger
Broccoli & Pears

25

#1 Cheesy Rippers w/ Pizza
Dipping Sauce (M)
Baby Carrots & Banana
Bunny Grahams

26

#1 Pancakes w/ Turkey
Sausage Patty
Celery Sticks & Applesauce Cup

27

#1 Cheese (M) or Pepperoni
Pizza
Garbanzo Beans & Apple
C.C. Cake

28

No School

31

#1 Hot Dog in a Bun
Broccoli & Orange

Announcements

(M) = Meatless Entrée

Daily Entrées Available:
#2 Yogurt Lunch (M)
#3 Baked Potato Bar (M)

Every complete meal comes with a choice of 1% white milk or fat free chocolate milk.

The Issaquah School District provides equal opportunities in its programs, activities and employment.

*Menu Subject to Change

Meal Prices

Meals are available free of charge to every student this school year.

We strongly encourage families to apply for Free or Reduced meals as approval may provide access to additional benefits.

Milk = \$0.50

Adults = \$4.50