



October

2021

Issaquah School District Elementary Lunch Menu

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

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

4
#1 BBQ Chicken Drumstick
w/ Whole Grain Cornbread
Broccoli & Peaches

5
#1 Teriyaki Beef Dippers w/
Brown Rice
Baby Carrots & Apple
Rice Krispie Treat

6
#1 Dutch Waffle w/ Turkey
Sausage
Celery Sticks & Peach Cup

7
#1 Pasta w/ Meat Sauce
Kidney Beans & Pineapple
Mott's Fruit Snacks

8
#1 Whole Grain Corndog
Peas & Mandarin Oranges

11
#1 Hamburger
Broccoli & Pears

12
#1 Cheesy Rippers w/ Pizza
Dipping Sauce (M)
Baby Carrots & Banana
Bunny Grahams

13
#1 Turkey Deli Sandwich
Celery Sticks & Orange

14
#1 Cheese (M) or Pepperoni
Pizza
Pinto Beans & Berry Cup
Chocolate Elf Grahams

15
#1 Chicken Nuggets w/
Whole Grain Vanilla Crackers
Corn & Applesauce Cup

18
No School

19
#1 Lasagna w/ Whole Grain
Breadstick
Baby Carrots & Apple
Strawberry Waffle Graham

20
#1 Pancakes w/ Turkey
Sausage Patty
Celery Sticks & Berry Cup

21
#1 Nacho Supreme
Black Beans & Craisins
Fruit Roll-Up

22
#1 Chicken Burger
Peas & Pears

25
#1 Mc & Cheese (M)
Broccoli & Fruit Cocktail

26
#1 Toasted Cheese Sandwich
w/ Tomato Soup (M)
Baby Carrots & Raisins
Rice Krispie Treat

27
#1 Turkey Ham Deli
Sandwich
Celery Sticks & Orange

28
#1 Cheese (M) or Pepperoni
Pizza
Garbanzo Beans & Pineapple
Chocolate Bear Graham

29
#1 Chicken Nuggets w/
Whole Grain Vanilla Crackers
Corn & Grapes

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