



September

2021

Issaquah School District Elementary Lunch Menu

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

31

#1 Chicken Burger

Baby Carrots & Peach Cup

1

#1 Whole Grain Corndog

Celery Sticks & Orange

2

#1 Pasta w/ Meat Sauce

Kidney Beans & Pineapple

Mott's Fruit Snacks

3

#1 Chicken Nuggets w/ Whole Grain Vanilla Crackers

Corn & Grapes

6

Labor Day
No School!

7

#1 Teriyaki Beef Dippers w/ Brown Rice

Baby Carrots & Apple

Rice Krispie Treat

8

#1 Dutch Waffle w/ Turkey Sausage

Celery Sticks & Peach Cup

9

#1 Cheese (M) or Pepperoni Pizza

Pinto Beans & Berry Cup

Chocolate Elf Grahams

10

#1 Hot Dog in a Bun

Peas & Mandarin Oranges

13

#1 Hamburger

Broccoli & Pears

14

#1 Cheesy Rippers w/ Pizza Dipping Sauce (M)

Baby Carrots & Banana

Bunny Grahams

15

#1 Turkey Deli Sandwich

Celery Sticks & Orange

16

#1 Nacho Supreme

Black Beans & Peach Cup

Fruit Roll-Up

17

#1 Chicken Nuggets w/ Whole Grain Vanilla Crackers

Corn & Applesauce Cup

20

#1 BBQ Chicken Drumstick w/ Whole Grain Cornbread

Broccoli & Peaches

21

#1 Lasagna w/ Whole Grain Breadstick

Baby Carrots & Apple

Strawberry Waffle Graham

22

#1 Pancakes w/ Turkey Sausage Patty

Celery Sticks & Berry Cup

23

#1 Cheese (M) or Pepperoni Pizza

Garbanzo Beans & Pineapple

Chocolate Bear Graham

24

#1 Whole Grain Mini Corndogs

Peas & Grapes

27

#1 Mc & Cheese (M)

Broccoli & Applesauce Cup

28

#1 Toasted Cheese Sandwich w/ Tomato Soup (M)

Baby Carrots & Raisins

Rice Krispie Treat

29

#1 Turkey Ham Deli Sandwich

Celery Sticks & Orange

30

#1 Cheeseburger

Kidney Beans & Fruit Cocktail

Goldfish Cinnamon Graham

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.

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