



December

2021

Issaquah School District Secondary Lunch Menu

In Season Grapefruit

In just 1/2 (100g) of a grapefruit, there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

1
Lasagna w/ Whole Grain Breadstick/Roll
Broccoli & Fruit Cocktail

2
Meatball Sandwich
Celery Sticks & Grapes
Fruit Snack

No M.S. Lunch 3
Chicken Tenders w/ Mashed Potatoes & Gravy
Peas & Berry Cup

6
Chicken Alfredo w/ Whole Grain Breadstick
Baby Carrots & Apple

7
Tacos
Black Beans & Peaches
Chocolate Elf Graham

8
Turkey Gravy & Mashed Potatoes w/ Whole Grain Breadstick/Roll
Broccoli & Peach Cup

9
Chicken Parmesan w/ Pasta
Celery Sticks & Pears
Chocolate Bear Graham

10
BBQ Chicken Drumstick w/ Whole Grain Cornbread
Corn & Applesauce Cup

13
Mac & Cheese w/ Whole Grain Roll
Baby Carrots & Apple

14
Nachos
Kidney Beans & Banana
Strawberry Waffle Graham

15
BBQ Pulled Pork Sandwich
Broccoli & Peaches

16
Bacon Cheeseburger
Celery Sticks & Pineapple
Rice Krispie Treat

17
Turkey Sausage Breakfast Sandwich
Peas & Orange

20
No School

21
No School

22
No School

23
No School

24
No School

27
No School

28
No School

29
No School

30
No School

31
No School

Announcements

Every complete meal comes with a choice of 1% white milk, fat free chocolate milk and a trip through the salad bar*

**At this time, salad bars are available only at the high school level*

In addition to the featured special of the day, each secondary kitchen offers a variety of hot and cold entrée options each day.

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.

A la carte items are available in addition to the lunch program.

Prices vary by item.

Adults = \$4.50