



October

2021

Issaquah School District Secondary 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
Chicken Tenders w/ Mashed Potatoes & Gravy
Peas & Berry Cup

4
Bacon Cheeseburger
Baby Carrots & Craisins

5
Tacos
Garbanzo Beans & Apple
Rice Krispie Treat

6
Lasagna w/ Whole Grain Breadstick/Roll
Broccoli & Fruit Cocktail

7
Orange Chicken w/ Brown Rice
Celery Sticks & Grapes
Mott's Fruit Snacks

8
BBQ Chicken Drumstick w/ Whole Grain Cornbread
Corn & Applesauce Cup

11
Chicken Alfredo w/ Whole Grain Breadstick
Baby Carrots & Apple

12
Nachos
Black Beans & Peaches
Strawberry Waffle Graham

13
Mac & Cheese w/ Whole Grain Roll
Broccoli & Peaches

14
General Tso Chicken w/ Brown Rice
Celery Sticks & Pears
Fruit Roll-up

15
Turkey Sausage Breakfast Sandwich
Peas & Orange

18
No School!

19
Chicken Fajitas
Kidney Beans & Banana
Goldfish Cinnamon Graham

20
Philly Cheese Steak Sandwich
Broccoli & Mandarin Oranges

21
Chicken Parmesan w/ Pasta
Celery Sticks & Pears
Chocolate Bear Graham

22
BBQ Pulled Pork Sandwich
Corn & Applesauce Cup

25
BBQ Chicken Drumstick w/ Whole Grain Cornbread
Baby Carrots & Fruit Cocktail

26
Tacos
Pinto Beans & Pineapple
Churro

27
Turkey Gravy & Mashed Potatoes w/ Whole Grain Breadstick/Roll
Broccoli & Peach Cup

28
Sweet & Sour Chicken w/ Brown Rice
Celery Sticks & Raisins
Chocolate Elf Grahams

29
Chicken Tenders w/ Mashed Potatoes & Gravy
Peas & Berry Cup

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