



September

2021

Issaquah School District Secondary 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

Bacon Cheeseburger

Pinto Beans & Apple

1

Lasagna w/ Whole Grain Breadstick/Roll

Broccoli & Fruit Cocktail

2

Orange Chicken w/ Brown Rice

Celery Sticks & Grapes

Mott's Fruit Snacks

3

Chicken Burger

Peas & Orange

6

Labor Day
No School!

7

Tacos

Garbanzo Beans & Apple

Rice Krispie Treat

8

Mac & Cheese w/ Whole Grain Roll

Broccoli & Peaches

9

Chicken Parmesan w/ Pasta

Celery Sticks & Pears

Chocolate Bear Graham

10

BBQ Chicken Drumstick w/ Whole Grain Cornbread

Corn & Applesauce Cup

13

Western Chicken Burger

Baby Carrots & Craisins

14

Nachos

Black Beans & Peaches

Strawberry Waffle Graham

15

Philly Cheese Steak Sandwich

Broccoli & Mandarin Oranges

16

General Tso Chicken w/ Brown Rice

Celery Sticks & Pears

Fruit Roll-up

17

Chicken Tenders w/ Mashed Potatoes & Gravy

Peas & Berry Cup

20

Chicken Alfredo w/ Whole Grain Breadstick

Baby Carrots & Apple

21

Chicken Fajitas

Kidney Beans & Banana

Goldfish Cinnamon Graham

22

Mac & Cheese w/ Whole Grain Roll

Broccoli & Grapes

23

Turkey Sausage Breakfast Sandwich

Celery Sticks & Orange

Whole Grain Vanilla Crackers

24

BBQ Pulled Pork Sandwich

Corn & Applesauce Cup

27

BBQ Chicken Drumstick w/ Whole Grain Cornbread

Baby Carrots & Fruit Cocktail

28

Tacos

Pinto Beans & Pineapple

Churro

29

Turkey Gravy & Mashed Potatoes w/ Whole Grain Breadstick/Roll

Broccoli & Peach Cup

30

Sweet & Sour Chicken w/ Brown Rice

Celery & Raisins

Chocolate Elf Grahams

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.

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