

NOVEMBER 2023

MON	TUE	WED	THU	FRI
		1 Brunch For Lunch #1 Dutch Waffle w/ Turkey Sausage Patty Celery Sticks & Mixed Berry Cup	2 #1 Teriyaki Beef Dippers w/ Brown Rice Pinto Beans & Oranges Chocolate Chip Cookie	3 #1 Whole Grain Corndog Peas & Grapes
6 #1 Chicken Burger Broccoli & Peaches	7 #1 Beef Soft Taco #4 Beyond Meat Soft Taco (M)* Baby Carrots & Apple Churro	8 No School	9 No School	10 No School
13 #1 Oven Fried Chicken Drumstick w/ Whole Grain Cornbread Broccoli & Peach Cup	14 #1 Turkey Deli Sandwich Baby Carrots & Mandarin Oranges Fruit Crisp	15 #1 Cheese (M) or Pepperoni Pizza Celery Sticks & Craisins	16 #1 Lasagna w/ Whole Grain Breadstick #4 Beyond Meat Lasagna w/ Whole Grain Breadstick (M)* Garbanzo Beans & Apple Snickerdoodle	17 #1 Chicken Nuggets w/ Whole Grain Vanilla Crackers #4 Rebellious Plant-Based Nuggets w/ Whole Grain Vanilla Crackers (M) Corn & Applesauce Cup
20 #1 Cheeseburger Broccoli & Pears	21 #1 Nacho Supreme #4 Beyond Meat Nacho Supreme (M)* Baby Carrots & Apple Pumpkin Cake	22 No School	23 No School	24 No School
27 #1 Mac & Cheese Broccoli & Fruit Cocktail	28 #1 Cheesy Rippers w/ Pizza Dipping Sauce (M) Baby Carrots & Banana Double C.C. Cookie	29 Brunch For Lunch #1 Pancakes w/ Turkey Sausage Patty Celery Sticks & Strawberry Cup	30 #1 Pasta w/ Meat Sauce #4 Pasta w/ Beyond Meat Sauce (M)* Kidney Beans & Pineapple Sugar Cookie	

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 and salad bar.

*Peas are legumes. People with severe allergies to legumes like peanuts should be cautious when introducing pea protein into their diet because of the possibility of a pea allergy.

Menu subject to change.

MEAL PRICES

Eligible students receive meals at no cost

- Student Lunch = \$4.00
- Milk = \$0.50
- Adults = \$5.25

The Issaquah School District provides equal opportunities in its programs, activities and employment.