


SEPTEMBER 2024Health-e Pro 

MON	TUE	WED	THU	FRI
2 No School	3 #1 Beef Soft Taco #2 Plant Based Meat Soft Taco (M)* Baby Carrots & Peaches Churro	4 #1 Pepperoni Pizza #2 Cheese Pizza (M) Celery Sticks & Raisins	5 #1 Turkey Deli Sandwich Garbanzo Beans & Orange Sugar Cookie	6 #Fish Nuggets Corn & Apple
9 #1 Oven Fried Chicken Drumstick w/ Whole Grain Cornbread Broccoli & Mandarin Oranges	10 #1 Cheesy Rippers w/ Pizza Dipping Sauce (M) Baby Carrots & Grapes Fruit Crisp	11 Brunch For Lunch #1 Dutch Waffle w/ Turkey Sausage Patty Celery Sticks & Mixed Berry Cup	12 #1 Pasta w/ Meat Sauce #2 Pasta w/ Plant Based Meat Sauce (M)* Black Beans & Banana Krinkle Cookie	13 #1 Chicken Nuggets w/ Whole Grain Vanilla Crackers #2 Rebellious Plant-Based Nuggets w/ Whole Grain Vanilla Crackers (M) Peas & Apple
16 #1 Chicken Meatball Sub Broccoli & Pears	17 #1 Nacho Supreme #2 Plant Based Meat Nacho Supreme (M)* Baby Carrots & Apple Brownie	18 #1 Pepperoni Pizza #2 Cheese Pizza (M) Celery Sticks & Fruit Cocktail	19 #1 Mac & Cheese (M) Pinto Beans & Grapes Chocolate Chip Cookie	20 #1 Whole Grain Corndog Corn & Strawberry Cup
23 #1 Cheeseburger #2 Veggie Burger (M) Broccoli & Pineapple Tidbits	24 #1 Teriyaki Beef Dippers w/ Brown Rice Baby Carrots & Apple Chocolate Cake	25 Brunch For Lunch #1 French Toast Sticks w/ Turkey Sausage Patty Celery Sticks & Orange	26 #1 Lasagna w/ Whole Grain Breadstick #2 Plant Based Meat Lasagna w/ Whole Grain Breadstick (M)* Kidney Beans & Peach Cup Double C.C. Cookie	27 #1 Chicken Nuggets w/ Whole Grain Vanilla Crackers #2 Rebellious Plant-Based Nuggets w/ Whole Grain Vanilla Crackers (M) Peas & Craisins
30 #1 Chicken Alfredo #2 Rebellious Plant-Based Chicken Alfredo (M) Broccoli & Raisins				

ANNOUNCEMENTS

(M) = Meatless Entrée

Daily Entrées Available:

#3 Yogurt Lunch (M)

#4 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.