

# OCTOBER 2024

MON	TUE	WED	THU	FRI
	<b>1</b> #1 Beef Soft Taco #2 Plant Based Meat Soft Taco (M)*  Baby Carrots & Peaches Churro	<b>2</b> #1 Pepperoni Pizza #2 Cheese Pizza (M)  Celery Sticks & Raisins	<b>3</b> #1 Turkey Deli Sandwich  Garbanzo Beans & Orange Sugar Cookie	<b>4</b> #Fish Nuggets  Corn & Apple
<b>7</b> #1 Oven Fried Chicken Drumstick w/ Whole Grain Cornbread  Broccoli & Mandarin Oranges	<b>8</b> #1 Cheesy Rippers w/ Pizza Dipping Sauce (M)  Baby Carrots & Grapes Fruit Crisp	<b>9</b> <b>Brunch For Lunch</b> #1 Dutch Waffle w/ Chicken Sausage Patty  Celery Sticks & Mixed Berry Cup	<b>10</b> #1 Pasta w/ Meat Sauce #2 Pasta w/ Plant Based Meat Sauce (M)*  Black Beans & Apple Krinkle Cookie	<b>11</b> #1 Chicken Nuggets w/ Whole Grain Vanilla Crackers #2 Rebellious Plant-Based Nuggets w/ Whole Grain Vanilla Crackers (M) Peas & Banana
<b>14</b> #1 Chicken Meatball Sub  Broccoli & Pears	<b>15</b> #1 Nacho Supreme #2 Plant Based Meat Nacho Supreme (M)*  Baby Carrots & Apple Brownie	<b>16</b> #1 Pepperoni Pizza #2 Cheese Pizza (M)  Celery Sticks & Fruit Cocktail	<b>17</b> #1 Mac & Cheese (M)  Pinto Beans & Grapes Chocolate Chip Cookie	<b>18</b>  <b>No School</b>
<b>21</b> #1 Cheeseburger #2 Veggie Burger (M)  Broccoli & Pineapple Tidbits	<b>22</b> #1 Teriyaki Beef Dippers w/ Brown Rice  Baby Carrots & Apple Chocolate Cake	<b>23</b> <b>Brunch For Lunch</b> #1 Pancakes w/ Chicken Sausage Patty  Celery Sticks & Orange	<b>24</b> #1 Lasagna w/ Whole Grain Breadstick #2 Plant Based Meat Lasagna w/ Whole Grain Breadstick (M)*  Kidney Beans & Peach Cup Double C.C. Cookie	<b>25</b> #1 Toasted Turkey Ham & Cheese Sandwich w/ Tomato Soup  Corn & Craisins
<b>28</b> #1 Chicken Alfredo #2 Rebellious Plant-Based Chicken Alfredo (M)  Broccoli & Raisins	<b>29</b> #1 Whole Grain Corndog  Baby Carrots & Banana Snickerdoodle	<b>30</b> #1 Pepperoni Pizza #2 Cheese Pizza (M)  Celery Sticks & Strawberry Cup	<b>31</b> #1 Hot Dog in a Bun  Garbanzo Beans & Apple Pumpkin Chocolate Chip Cookie	

## 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.*