

OCTOBER 2024



MON **TUE** **WED** **THU** **FRI**

	1 Tacos Plant Based Meat Tacos* Pinto Beans & Peaches Churro	2 French Toast Sticks or Pancakes w/ Chicken Sausage and Egg Patty Broccoli & Raisins	3 Chicken Teriyaki w/ Brown Rice Celery & Orange Cowboy Cookie	4 BBQ Pulled Turkey Sandwich Corn & Apple
7 Bacon Cheeseburger Baby Carrots & Mandarin Oranges	8 Chicken Enchiladas w/ Green Chile Sauce Garbanzo Beans & Grapes Peanut Butter Cookie	9 Pasta w/ Meat Sauce & Breadstick /Roll Pasta w/ Plant-Based Meat Sauce & Breadstick / Roll* Broccoli & Mixed Berry Cup	10 Orange Chicken w/ Brown Rice Celery & Apple Chocolate Krinkle Cookie	11 Chicken Meatball Sub Peas & Banana
14 Oven Fried Chicken Drumstick w/ Whole Grain Cornbread Baby Carrots & Pears	15 Nachos Plant Based Meat Nachos* Black Beans & Apple Brownie	16 Mac & Cheese w/ Whole Grain Roll Broccoli & Fruit Cocktail	17 Spicy Schezwan Chicken w/ Brown Rice Celery & Grapes Chocolate Chip Cookie	18 <p style="text-align: center;">No School</p>
21 Western Cheeseburger Baby Carrots & Pineapple Tidbits	22 Chicken Fajitas Kidney Beans & Apple Snickerdoodle	23 Lasagna w/ Whole Grain Breadstick / Roll Plant-Based Meat Lasagna w/ Whole Grain Breadstick / Roll* Broccoli & Orange	24 Sweet & Sour Chicken w/ Brown Rice Celery & Peach Cup Double C.C. Cookie	25 Fish N Chips Corn & Craisins
28 Chicken Alfredo w/ Whole Grain Breadstick Rebellious Plant-Based Chicken Alfredo w/ Whole Grain Breadstick Baby Carrots and Raisins	29 Chicken Tenders w/ Mashed Potatoes & Gravy Pinto Beans & Banana White Chocolate Chip Cranberry Cookie	30 Toasted Cheese Sandwich w/ Tomato Soup Broccoli & Strawberry Cup	31 Chili Cheese Dog Celery & Apple Pumpkin Chocolate Chip Cookie	

ANNOUNCEMENTS

Every complete meal comes with a choice of 1% white milk or fat free chocolate milk and salad bar.

In addition to the featured special of the day, each secondary kitchen offers a variety of hot and cold entrée options each day.

*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 = \$4.25
 Milk = \$0.50
 Adults = \$5.25

A la carte items are available.
 Prices vary by item.

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