

DECEMBER 2024*Health-e Pro* **MON****TUE****WED****THU****FRI****2**#1 Oven Fried Chicken
Drumstick w/ Whole Grain
Cornbread

Broccoli & Mandarin Oranges

3#1 Beef Soft Taco
#2 Plant Based Meat Soft
Taco (M)*Baby Carrots & Peaches
Churro**4****Brunch For Lunch**#1 Dutch Waffle w/ Chicken
Sausage Patty

Celery Sticks & Mixed Berry Cup

5#1 Pasta w/ Meat Sauce
#2 Pasta w/ Plant Based Meat
Sauce (M)*Garbanzo Beans & Apple
Sugar Cookie**6**#1 Chicken Nuggets w/ Whole
Grain Vanilla Crackers
#2 Rebellious Plant-Based
Nuggets w/ Whole Grain Vanilla
Crackers (M)
Peas & Craisins**9**

#1 Chicken Meatball Sub

Broccoli & Applesauce Cup

10#1 Nacho Supreme
#2 Plant Based Meat Nacho
Supreme (M)*Baby Carrots & Apple
Krinkle Cookie**11**#1 Pepperoni Pizza
#2 Cheese Pizza (M)

Celery Sticks & Fruit Cocktail

12

#1 Mac & Cheese (M)

Black Beans & Pears
Chocolate Chip Cookie**13**#1 Toasted Turkey Ham &
Cheese Sandwich w/ Tomato
Soup

Corn & Grapes

16#1 Cheeseburger
#2 Veggie Burger (M)

Broccoli & Pineapple Tidbits

17#1 Cheesy Rippers w/ Pizza
Dipping Sauce (M)Baby Carrots & Strawberry Cup
Pumpkin Cake**18****Brunch For Lunch**#1 French Toast Sticks w/
Chicken Sausage Patty

Celery Sticks & Orange

19#1 Teriyaki Beef Dippers w/
Brown RicePinto Beans & Peach Cup
Snickerdoodle**20**

#1 Whole Grain Corndog

Peas & Craisins

23

No School

24

No School

25

No School

26

No School

27

No School

30

No School

31

No School

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.