



The Issaquah School District's Food Service department is pleased with the opportunity to provide lunches to students during the period of remote learning, and we thank you for supporting our meal program.

Please be sure to place perishable items in refrigeration within two hours of pick-up.

All protein items are pre-cooked, and while reheating is not required, we recommend following simple reheating instructions for certain items to optimize your student's dining experience.

Nutrition and allergen information may be found by visiting our digital menu at:

<https://www.issaquah.wednet.edu/family/lunch>

Heating Instructions for the Days of April 27th - May 3rd

BBQ Chicken Drumstick w/ Cornbread

1. For best results, cook chicken drumstick from frozen.
2. Pre-heat oven to 375 degrees.
3. Remove frozen chicken drumstick from packaging and coat with BBQ sauce.
4. Place chicken drumstick on lined or greased sheet pan. Cook for 28-30 minutes, rotating halfway through.
5. Using oven mitts, remove from the oven and let cool for 5 minutes.
6. If desired, remove thawed cornbread from packaging and microwave on high for 15-20 seconds.
7. Serve chicken drumstick and cornbread.

Baked Potato Lunch (There are many ways to prepare a baked potato! Here are some of our suggestions)

Oven

1. Pre-heat oven to 350 degrees.
2. Wash and scrub the potato.
3. Poke the potato 4-5 times per side with a fork to allow steam to escape while cooking.
Optional: Rub the outside of the potato with a little oil and pepper. Wrap the potato in a thin layer of foil.
4. Place the potato on lined or greased sheet pan. Cook for approximately 45 minutes.
5. Using oven mitts, remove from the oven and carefully remove the foil, using caution when handling as the potato will be hot.
6. Top with shredded cheese, salsa, sour cream or other favorite toppings. Serve with whole grain dinner roll and crackers.

Microwave

1. Wash and scrub the potato.
2. Poke the potato 4-5 times per side with a fork to allow steam to escape while cooking.
Optional: Rub the outside of the potato with a little oil and pepper. DO NOT WRAP IN FOIL.
3. Place the potato in a microwave-safe dish.
4. Cook on high for 5 minutes.
5. Using oven mitts, remove the dish from the microwave. Turn the potato over using tongs or a fork.
6. Place the dish back in the microwave and cook on high for an additional 3 minutes.
7. Using oven mitts, remove from the microwave, using caution when handling as the potato will be hot.

8. Top with shredded cheese, salsa, sour cream or other favorite toppings. Serve with whole grain dinner roll and crackers.

Beef Nacho Supreme

1. Pre-heat oven to 200 degrees. Thaw the taco meat if frozen.
2. Place the nacho cheese sauce cup on a sheet pan and place in the oven for 20 minutes. DO NOT MICROWAVE.
3. Using oven mitts, remove from the oven. Carefully remove the foil lid from the nacho cheese sauce cup and stir. Use caution when handling nacho cheese sauce as contents will be hot.
(Alternatively, nacho cheese sauce may be consumed at room temperature)
4. Remove thawed taco meat from packaging and place in a microwavable container. Cook on high for 45 seconds. Stir and cook on high for an additional 25 seconds.
5. Serve with tortilla chips, salsa, sour cream or other favorite toppings.

Black Bean Nacho Supreme

1. Pre-heat oven to 200 degrees. Thaw the black beans if frozen.
2. Place the nacho cheese sauce cup on a sheet pan and place in the oven for 20 minutes. DO NOT MICROWAVE.
3. Using oven mitts, remove from the oven. Carefully remove the foil lid from the nacho cheese sauce cup and stir. Use caution when handling nacho cheese sauce as contents will be hot.
(Alternatively, nacho cheese sauce may be consumed at room temperature)
4. Remove black beans from packaging and place in a microwavable container. Cook on high for 30 seconds. Stir and cook on high for an additional 15 seconds.
5. Serve with tortilla chips, salsa, sour cream or other favorite toppings.

Pancakes w/ Turkey Sausage Patties

1. For best results cook pancakes and sausage patties from frozen.
2. Remove frozen sausage patties from packaging and place on a micro-wave safe dish. Heat on high for 45 seconds.
3. Using oven mitts, remove from the microwave. Turn patties over and microwave on high for an additional 10-15 seconds at a time until desired temperature is reached.
4. Using oven mitts, remove from microwave and set aside while re-heating pancakes.
5. Remove frozen pancakes from packaging and place in a single layer on a microwave-safe dish. Heat on high for 20-30 seconds.
6. Using oven mitts, remove from the microwave. Serve pancakes with the sausage patties and syrup or other favorite toppings.

Pancakes w/ Hard-Boiled Egg & String Cheese

1. For best results cook pancakes from frozen.
2. Remove frozen pancakes from packaging and place in a single layer on a microwave-safe dish. Heat on high for 20-30 seconds.
3. Using oven mitts, remove from the microwave. Serve pancakes with syrup or other favorite toppings, string cheese and hard-boiled egg.

Waffle Sticks

1. For best results, cook French toast sticks from frozen. Pre-heat oven to 400 degrees.

2. Remove waffle sticks from packaging and place on a greased or lined sheet pan. Cover and seal the pan tightly with foil.
3. Cook for 8-10 minutes.
4. Using oven mitts, remove from the oven and remove the foil. Serve with syrup or other favorite toppings.
(Alternate heating method: Remove waffle sticks from packaging and place on a microwave-safe dish. Microwave on high for 45-50 seconds. Using oven mitts, remove from the microwave.)

Sweet & Sour Chicken w/ Brown Rice

1. For best results, cook chicken from frozen. Pre-heat oven to 350 degrees. Bring sweet & sour sauce to room temperature.
2. Remove frozen chicken from packaging and place on lined or greased sheet pan. Cook until the chicken turns golden brown (12-15 minutes).
3. While chicken cooks, remove lid from the rice and add ½ teaspoon water. Loosely replace the lid and microwave on high for 20 seconds. Using oven mitts, remove and stir. Cook additional time (10 seconds at a time) if needed for desired temperature. Transfer to a medium bowl and set aside.
4. Using oven mitts, remove chicken from the oven and transfer to the medium bowl with the rice. Pour sweet & sour sauce on top of chicken and rice.

Cheeseburger

1. For best results, cook from frozen.
2. Pre-heat oven to 350 degrees.
3. Remove patty from packaging and place on a lined or greased sheet pan. Cook for 12 minutes, flipping half way for even cooking. Add the slice of cheese for the last minute.
(Alternate heating method: Place on a microwave-safe dish and cook on high for 1-2 minutes from frozen, adding the slice of cheese for the last 15 seconds. Using oven mitts, remove dish from the microwave.)
4. Using oven mitts, remove from oven. Assemble on bun and add mustard, mayo, ketchup or other favorite toppings.