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 December 1st - December 3rd**

**Chicken Nuggets**

1. For best results, cook from frozen.
2. Pre-heat oven to 400 degrees.
3. Remove frozen chicken nuggets from packaging and place on lined or greased sheet pan. Cook for 15-18 minutes, flipping halfway for even cooking.
4. Using oven mitts, remove from oven and serve with ketchup, BBQ sauce, Ranch dressing or other favorite sauce and crackers.

**Toasted Cheese Sandwich** (There are many ways to prepare this classic! This is how we prepare ours.)

1. Pre-heat oven to 350 degrees.
2. Put 1 teaspoon butter in a small microwave-safe container and melt in the microwave.
3. Remove bread slices from packaging and brush 1 side of each slice of bread with the melted butter.
4. Place 1 slice of bread (butter side down) on a lined or greased sheet pan. Top with the cheese slices. Place the second slice of bread (butter side up) on top of the cheese slices.
5. Cook in the oven until the bread is lightly toasted, flipping halfway for even cooking (10-12 minutes).

**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.

Continued on next page
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.

**Pasta w/ Meat Sauce & Whole Grain Roll**

1. For best results, thaw pasta before re-heating.

2. Transfer thawed pasta to a microwave-safe bowl. Loosely cover with a paper towel. Microwave on high for 45 seconds.

3. Using oven mitts, remove from the microwave, remove paper towel and stir.

4. Place back in the microwave loosely covered with the paper towel and cook on high for an additional 15-20 seconds at a time until desired temperature is reached.

5. Using oven mitts, remove from the microwave and discard paper towel.

6. Serve with whole grain roll. *(optional: remove roll from packaging and briefly warm in the oven on low setting or microwave on high for 12-15 seconds)*