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 11th – December 14th**

**General Tso Chicken w/ Brown Rice**

*You received either the chicken combined with the sauce or the chicken and sauce separate*

Chicken combined with the sauce:

1. For best results, thaw chicken w/ sauce before re-heating.
2. Transfer chicken and sauce to microwave-safe dish. 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. Set aside.

Chicken and sauce separate:

1. For best results, cook chicken from frozen. Pre-heat oven to 350 degrees. Bring 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. Using oven mitts, remove chicken from the oven and transfer to a bowl. Pour sauce on top of chicken and toss to coat. Set aside.

Rice:

1. 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 the medium bowl with the chicken and sauce.

**Mac & Cheese**

1. For best results, thaw product before re-heating.
2. Remove lid from the container.
   
   *Optional: add up to 1 teaspoon milk. Stir to combine.*
3. Loosely place the lid on the container.

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4. Place in the microwave and cook on high for 1 minute.
5. Using oven mitts, remove container from the microwave. Remove lid and stir contents.
6. Loosely replace the lid and microwave on high for up to an additional 30 seconds.
7. Using oven mitts, remove from the microwave, using caution as the contents will be hot.

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(1) mail: U.S. Department of Agriculture
    Office of the Assistant Secretary for Civil Rights
    1400 Independence Avenue, SW
    Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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