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](https://www.issaquah.wednet.edu/family/lunch)

**Heating Instructions for the Days of December 18th – January 4th**

**Orange Chicken w/ Brown Rice**

1. For best results, cook chicken from frozen. Pre-heat oven to 350 degrees. Bring orange 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 orange sauce on top of chicken and rice.

**Veggie Burger**

1. For best results, cook from frozen.
2. Pre-heat oven to 400 degrees.
3. Remove frozen patty from packaging and place on lined or greased sheet pan. Cook for 12-15 minutes, flipping halfway for even cooking. Add the slice of cheese for the last minute.
4. Using oven mitts, remove from oven. Assemble on bun and add mustard, mayo, ketchup or other favorite toppings.

**Chicken Burger**

1. For best results, cook from frozen.
2. Pre-heat oven to 400 degrees.
3. Remove frozen chicken patty from packaging and place on a lined or greased sheet pan and cook 18-24 minutes, flipping halfway for even cooking.
4. Using oven mitts, remove from the oven. Assemble on bun and add mustard, mayo, ketchup or other favorite toppings.

This institution is an equal opportunity provider.