



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 January 12th - January 14th

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.

Bean & Cheese Burrito

1. Pre-heat oven to 325 degrees.
2. Remove burrito from packaging and place on a lined or greased sheet pan, seam side down. Cook 22-27 minutes from frozen or for 16-22 minutes if thawed.
(Alternate heating method: remove burrito from packaging and place on a microwave-safe dish. Microwave on high for 2-3 minutes if frozen or 1-2 minutes if thawed. Using oven mitts, remove from microwave, using caution as contents will be hot.)
3. Using oven mitts, remove from oven, using caution while handling as contents will be hot. Serve with salsa, sour cream or other favorite accompaniments.

Churro

1. For best results, cook from frozen.
2. Pre-heat oven to 375 degrees.
3. Remove frozen churro from packaging and place on lined or greased sheet pan. Cook for 9-11 minutes.
4. Using oven mitts, remove from the oven.
5. Combine 1 teaspoon and a pinch of cinnamon (if desired). Roll warm churro in the sugar and cinnamon mixture.
(Alternatively, churro may be consumed at room temperature)

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Cheesy Rippers w/ Pizza Dipping Sauce

1. For best results, thaw product before re-heating.
2. Remove Cheesy Rippers from packaging and place on a microwave-safe dish. Microwave on high for 15-20 seconds.
3. Using oven mitts, remove from the microwave.
4. Transfer pizza sauce to a microwave-safe bowl. Microwave on high for 10 seconds.
5. Using oven mitts, remove dish from microwave and stir. Repeat as needed for desired temperature.
6. Serve Cheesy Rippers with pizza sauce for dipping.

Chicken Tenders w/ Bunny Grahams, Mashed Potatoes & Gravy

1. For best results, cook chicken tenders from frozen.
2. Pre-heat oven to 400 degrees.
3. Remove chicken tenders from packaging and place on a lined or greased sheet pan. Cook for 11-13 minutes, flipping half way for even cooking.
4. While chicken tenders cook, remove the lid from the bowl of mashed potatoes and add ½ teaspoon water or milk (if desired) and stir. Loosely place the lid back on the bowl and microwave on high for 30 seconds. Using oven mitts, remove bowl and lid. Pour gravy on top of the potatoes. Loosely cover with the lid and microwave on high for an additional 20 seconds or more to desired temperature. Using oven mitts, remove the bowl and set aside.
5. Using oven mitts, remove the chicken tenders from the oven and serve with mashed potatoes & gravy and graham crackers.

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