



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 15<sup>th</sup> - January 19<sup>th</sup>*

### **Pancakes**

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.

### **Whole Grain Corndog**

1. Pre-heat oven to 350 degrees.
2. Remove the corndog from packaging and place on lined or greased sheet pan. Cook for 25-27 minutes from frozen or 15-17 minutes if thawed, flipping half way for even cooking.  
*(Alternate heating method: Place on a microwave-safe dish and microwave on high for 35 seconds, flip then 35 more seconds from frozen or 25 seconds, flip then 25 more seconds if thawed.)*
3. Using oven mitts, remove from the oven and serve with mustard and ketchup or other favorite sauce.

### **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.*

Continued on next page

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.

### **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).
6. Using oven mitts, remove from the oven. Serve.

### **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.
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.
8. Remove the lid. Stir contents. Serve with crackers.