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 June 2nd–7th**

**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.

**Black Bean Veggie Burger**

1. For best results, cook from frozen.
2. Pre-heat oven to 450 degrees.
3. Remove frozen patty from packaging and place on lined or greased sheet pan. Cook for 10-12 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.

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

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. Evenly spread the mozzarella on top of the pasta. 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 and mozzarella is melted.
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)
**Dutch Waffle**

1. Pre heat oven to 450 degrees. For best results cook waffle from frozen.
2. Remove frozen waffle from packaging and place on a greased or lined sheet tray. Cook for 3-4 minutes.
3. Using oven mitts, remove from the oven. Sprinkle the top with powdered sugar if desired. Serve with syrup 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.

**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.

**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).