



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 May 11<sup>th</sup> -17<sup>th</sup>*

### **Chicken Nuggets w/ Cheez-it Crackers**

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 Cheez-it crackers.

### **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)*

### **Chicken Teriyaki w/ Brown Rice**

1. For best results, cook chicken from frozen. Pre-heat oven to 350 degrees. Bring Teriyaki sauce to room temperature.
2. Remove frozen chicken from packaging and place on lined or greased sheet pan. Cook until the chicken reaches an internal temperature of 165 degrees (12-15 minutes). Flip chicken at the halfway point for even cooking.

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 Teriyaki sauce on top of chicken and rice.

**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.*
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 Tenders w/ Bunny Grahams, Mashed Potatoes & Gravy**

5. For best results, cook chicken tenders from frozen.
6. Pre-heat oven to 400 degrees.
7. 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.
8. 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.
9. Using oven mitts, remove the chicken tenders from the oven and serve with mashed potatoes & gravy and graham crackers.

**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.

### **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.

### **Bacon Cheeseburger**

1. For best results, cook patty 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. Top the patty with the bacon strips and the slice of cheese for the last minute.  
*(Alternate heating method: Place on a microwave-safe dish and cook on high for 2 minutes from frozen, adding the bacon strips and 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.

### **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.