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 18th – 24th

**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.

**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.
Whole Grain Mini Corndogs

1. For best results, cook from frozen.
2. Pre-heat oven to 350 degrees.
3. Remove mini corndogs from packaging and place on a lined or greased sheet pan. Cook for 21-23 minutes, flipping half way for even cooking.
   (Alternate heating method: Place on a microwave-safe dish and cook on high for 20-25 seconds from frozen, flip then cook for an additional 20-25 seconds. Using oven mitts, remove dish from microwave.)
4. Using oven mitts, remove from the oven and serve with mustard and ketchup or other favorite sauce.

French Toast Sticks

1. For best results, cook French toast sticks from frozen.
2. Pre-heat oven to 475 degrees.
3. Remove frozen French toast sticks from packaging and place on a lined or greased sheet pan. Bake for 4-5 minutes each side.
4. Using oven mitts, remove from the oven and let cool for a few minutes. Serve with syrup or other favorite toppings.

Western Cheeseburger

1. For best results, cook patty from frozen.
2. Pre-heat oven to 350 degrees.
3. Remove frozen patty from packaging and place on a lined or greased sheet pan and cook 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. While patty cooks, transfer thawed onion straws to microwave-safe dish and cook on high for 10-15 seconds. Set aside.
5. Using oven mitts, remove the patty from oven.
6. Assemble on bun and add onion straws and BBQ sauce 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).

This institution is an equal opportunity provider.