



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 4th -10th

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.
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.

General Tso Chicken w/ Brown Rice

** You received either the chicken combined with the sauce or the chicken and sauce separate*

Chicken combined with the sauce:

1. For best results, thaw chicken w/ sauce before re-heating.
2. Transfer chicken and sauce to microwave-safe dish. 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. 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.
5. Using oven mitts, remove from the microwave and discard paper towel. Set aside.

Chicken and sauce separate:

1. For best results, cook chicken from frozen. Pre-heat oven to 350 degrees. Bring 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. Using oven mitts, remove chicken from the oven and transfer to a bowl. Pour sauce on top of chicken and toss to coat. Set aside.

Rice:

1. 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 the medium bowl with the chicken and sauce.

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 half way 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.

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.

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