



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 November 20th - November 23^d

Chicken Tenders w/ Mashed Potatoes & Gravy

1. For best results, cook chicken tenders from frozen.
2. Pre-heat oven to 400 degrees.
3. 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.
4. 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.
5. Using oven mitts, remove the chicken tenders from the oven and serve with mashed potatoes & gravy and graham crackers.

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.

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4. Using oven mitts, remove from oven. Assemble on bun and add mustard, mayo, ketchup or other favorite toppings.

This institution is an equal opportunity provider.