



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 24th - November 30th

Teriyaki Beef Dippers w/ Brown Rice

1. For best results, cook from frozen. Pre-heat oven to 350 degrees. Bring teriyaki sauce to room temperature.
2. Remove beef dippers from packaging and place on a lined or greased sheet pan. Cook for 7-9 minutes.
3. While dippers cook, 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. Using oven mitts, remove from the microwave and transfer to a medium bowl. Set aside.
4. Using oven mitts, remove dippers from the oven.
5. Coat the dippers in the teriyaki sauce and transfer to bowl with the rice. Serve.

Pancakes w/ Turkey Sausage Patties

6. For best results cook pancakes and sausage patties from frozen.
7. Remove frozen sausage patties from packaging and place on a micro-wave safe dish. Heat on high for 45 seconds.
8. Using oven mitts, remove from the microwave. Turn patties over and microwave on high for an additional 10-15 seconds at a time until desired temperature is reached.
9. Using oven mitts, remove from microwave and set aside while re-heating pancakes.
10. Remove frozen pancakes from packaging and place in a single layer on a microwave-safe dish. Heat on high for 20-30 seconds.
11. Using oven mitts, remove from the microwave. Serve pancakes with the sausage patties and syrup or other favorite toppings.

Pancakes w/ Hard-Boiled Egg & String Cheese

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, string cheese and hard-boiled egg.

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Cheese Personal Pizza

1. For best results cook pizza from frozen.
2. Pre-heat oven to 400 degrees.
3. Remove pizza from packaging and place on a lined or greased sheet pan.
4. Cook for 20-25 minutes or until all cheese is melted and bubbly.
5. Using oven mitts, remove from oven and let rest for 3-5 minutes.

Alternate method: Remove pizza from packaging and place on a micro-wave safe dish. Microwave on high for 2 to 2 and half minutes. The pizza is done when all the cheese is melted and bubbly. Using oven mitts remove from the microwave and let rest for 3-5 minutes.

Grilled Cheese Stuffwich

1. For best results cook the sandwich from frozen.
2. Pre-heat the oven to 375 degrees.
3. Remove sandwich from packaging and place on a lined or greased sheet pan.
4. Cook for 7-9 minutes, flipping once half way through for even baking.
5. Using oven mitts, remove from the oven and let rest for 3-5 minutes.

BBQ Chicken Drumstick w/ Cornbread

1. For best results, cook chicken drumstick from frozen.
2. Pre-heat oven to 375 degrees.
3. Remove frozen chicken drumstick from packaging and coat with BBQ sauce.
4. Place chicken drumstick on lined or greased sheet pan. Cook for 28-30 minutes, rotating halfway through.
5. Using oven mitts, remove from the oven and let cool for 5 minutes.
6. If desired, remove thawed cornbread from packaging and microwave on high for 15-20 seconds.
7. Serve chicken drumstick and cornbread.

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.
8. Remove the lid. Stir contents. Serve with crackers.

This institution is an equal opportunity provider.