



July

2021

Issaquah High School – Summer School Lunch Menu

In Season Blueberries

Blueberries are very low in calories. 100g of fresh blueberries carry just 57 calories. Nonetheless, they possess notable health benefiting plant nutrients that contribute toward optimum health and wellness.



Monday

Tuesday

Wednesday

Thursday

Friday

1
No School

2
No School

5
No School

6
No School

7
No School

8
No School

9
No School

12
Cheese Burger
Pita & Hummus (M)
Peach Cup & Apple
Broccoli

13
Mini Corndogs
Yogurt Lunch (M)
Strawberry Cup & Grapes
Baby Carrots

14
Turkey Deli Sandwich
Toasted Cheese
Sandwich (M)
Applesauce & Orange
Celery Sticks

15
Chicken Burger
Black Bean Burger (M)
Mandarin Oranges &
Banana
Seasoned Fries

16
Turkey Ham Sandwich
Yogurt Lunch (M)
Strawberry Cup & Apple
Black Beans

19
Cheese Burger
Pita & Hummus (M)
Peach Cup & Apple
Broccoli

20
Chicken Nuggets
Yogurt Lunch (M)
Strawberry Cup & Grapes
Baby Carrots

21
Turkey Deli Sandwich
Toasted Cheese
Sandwich (M)
Applesauce & Orange
Celery Sticks

22
Chicken Burger
Black Bean Burger (M)
Mandarin Oranges &
Banana
Seasoned Fries

23
Turkey Ham Sandwich
Yogurt Lunch (M)
Strawberry Cup & Apple
Black Beans

26
Cheese Burger
Pita & Hummus (M)
Peach Cup & Apple
Broccoli

27
Mini Corndogs
Yogurt Lunch (M)
Strawberry Cup & Grapes
Baby Carrots

28
Turkey Deli Sandwich
Toasted Cheese
Sandwich (M)
Applesauce & Orange
Celery Sticks

29
Chicken Burger
Black Bean Burger (M)
Mandarin Oranges &
Banana
Seasoned Fries

30
Turkey Ham Sandwich
Yogurt Lunch (M)
Strawberry Cup & Apple
Black Beans

Announcements

Every complete meal comes with choice of 1% white milk or fat free chocolate milk.

Visit our website for nutritional information:
<https://www.myschoolmenus.com/instantce/307/district/327>

(M) = Meatless Entrée Item

Meal Prices

Full Pay = \$4.00

Reduced = \$0.40

Adults = \$4.50

The Issaquah School District provides equal opportunities in its programs, activities and employment