# Menus for December

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

<table>
<thead>
<tr>
<th>Monday, December 1</th>
<th>Tuesday, December 2</th>
<th>Wednesday, December 3</th>
<th>Thursday, December 4</th>
<th>Friday, December 5</th>
</tr>
</thead>
</table>
| #1 Toasted Cheese Sandwich w/ Tomato Soup (M)  
#2 Whole Grain Mini Corndogs w/ Tomato Soup  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  | #1 Teriyaki Beef Dippers w/ Brown Rice  
#2 Egg Roll w/ Brown Rice  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  | No School  | No School  | #1 Chicken Rings w/ Whole Grain Breadstick  
#2 Veggie Burger (M)  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  |
| Broccoli  
Salad Bar  
Milk  | Chocolate Krinkle Cookie  
Baby Carrots  
Salad Bar  
Milk  |  |  | Corn  
Salad Bar  
Milk  |

<table>
<thead>
<tr>
<th>Monday, December 8</th>
<th>Tuesday, December 9</th>
<th>Wednesday, December 10</th>
<th>Thursday, December 11</th>
<th>Friday, December 12</th>
</tr>
</thead>
</table>
| #1 Mini Cheeseburger Sliders  
#2 Whole Grain Corndog  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  | #1 Sweet & Sour Meatballs w/ Brown Rice  
#2 Chicken Burger  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  | Brunch for Lunch!  
#1 EGGO Mini French Toast w/ Scrambled Eggs (M)  
#2 Pancakes w/ Scrambled Eggs (M)  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  | #1 Cheese (M) or Pepperoni Pizza  
#2 BBQ Pulled Turkey Sandwich  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  | #1 Chicken Nuggets w/ Goldfish Grahams  
#2 Veggie Burger  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  |
| Broccoli  
Salad Bar  
Milk  | Snickerdoodle  
Baby Carrots  
Salad Bar  
Milk  | Celery Sticks  
Salad Bar  
Milk  | Pinto Beans  
Salad Bar  
Milk  | Oatmeal Butterscotch Cookie  
Peas  
Salad Bar  
Milk  |

**Lunch Prices:**
- Full Pay = $3.50
- K-3 Reduced = Free
- 4-5 Reduced = $0.40
- Adult = $4.25

(M) = Meatless Entrée

**D.I.Y. Vaccination.**

It’s the do-it-yourself vaccine that can help keep you healthy!

Regular handwashing is a simple, effective way to keep the germs away and keep you on your feet. Plain soap and warm water work just fine!

**Where do all of our crazy names for food come from?**

Before it was the familiar name of a popular eating establishment, “chipotle” was (and still is) the name of a kind of food. The word is a Spanish version of a Central Mexican Native word, “chilpoctli,” which means “smoked chili” -- and that’s exactly what chipotles are. Some of the green jalapenos are left on the vine to turn deep red and become somewhat shriveled, like grapes turning into raisins. These super ripe peppers are then put in a chamber and wood-smoked until nearly all the moisture is gone. Chipotles lend a smoky, medium-spicy flavor to soups, bean dishes, sauces, and rubs.
Set the beans free!

Green Beans are loaded with vitamins, minerals, and fiber. But on our holiday tables, these super heroes are too often overwhelmed with butter and gooey sauces. You can help! Find your way to the center of the maze, where fresh green beans, ready to be steamed with healthful seasonings (and, if you insist, just a touch of butter!), are waiting for you to set them free!

From the Issaquah School District Nutrition Services Staff.

Monday, December 15

#1 Cheesy Breadsticks w/ Pizza Sauce (M)
#2 Whole Grain Mini Corndogs
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Broccoli
Salad Bar
Milk

Tuesday, December 16

#1 Cheeseburger
#2 Chicken Drumstick w/ Whole Grain Roll
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Chocolate Chip Cake
Baby Carrots
Salad Bar
Milk

Wednesday, December 17

#1 Cheese (M) or Pepperoni Pizza
#2 Ham Deli Sandwich
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Celery Sticks
Salad Bar
Milk

Thursday, December 18

#1 Nacho Supreme!
#2 No Choice
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Kidney Beans
Salad Bar
Milk

Friday, December 19

#1 Chicken Rings w/ Whole Grain Breadstick
#2 Veggie Burger (M)
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Crazy Cookie Day
Corn
Salad Bar
Milk

Last day of school: Friday, December 19
Classes resume: Monday, January 5

SEE YOU IN 2015

HAPPY NEW YEAR!