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

**Friday, February 13**

#1 Heart Shaped Chicken Nuggets w/ Goldfish Grahams
#2 Veggie Burger (M)
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Sugar Cookie
Corn
Salad Bar
Milk

**Thursday, February 12**

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

Kidney Beans
Salad Bar
Milk

**Tuesday, February 10**

#1 Pasta w/ Meat Sauce
#2 Bean & Cheese Burrito w/ Salsa (M)
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

White Chocolate Cranberry Cookie
Baby Carrots
Salad Bar
Milk

**Monday, February 9**

#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)

Broccoli
Salad Bar
Milk

**Wednesday, February 4**

Brunch for Lunch!

#1 Pancakes w/ Scrambled Eggs (M)
#2 French Toast Sticks w/ Scrambled Eggs (M)
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Celery Sticks
Salad Bar
Milk

**Thursday, February 5**

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

Double C.C. Cookie
Black Beans
Salad Bar
Milk

**Friday, February 6**

#1 Chicken Nuggets w/ Goldfish Grahams
#2 Veggie Burger (M)
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Peas
Salad Bar
Milk

**Monday, February 2**

#1 Mini Cheeseburger Sliders
#2 Whole Grain Corndog
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Broccoli
Salad Bar
Milk

**Tuesday, February 3**

#1 Teriyaki Beef Dippers w/ Brown Rice
#2 Egg Roll w/ Brown Rice
#3 Yogurt Lunch (M)
#4 Baked Potato Bar

Brownies
Baby Carrots
Salad Bar
Milk

**Wednesday, February 11**

#1 Cheese (M) or Pepperoni Pizza
#2 Chicken Caesar Wrap
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Celery Sticks
Salad Bar
Milk

**Thursday, February 12**

#1 Heart Shaped Chicken Nuggets w/ Goldfish Grahams
#2 Veggie Burger (M)
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Sugar Cookie
Corn
Salad Bar
Milk

**Many Moons**

Native Americans had special names for every full moon of the year. The February full moon was known by some as the “Bunny Moon” or “Moon of Great Famine” because food was so scarce.

**Make Time.**

Adults should get at least 2.5 hours of moderate aerobic exercise a week. Kids and teens should get 60 total minutes of moderate to vigorous physical activity each day.

**Below the Snow**

A frozen February field in a place like Yellowstone National Park might appear lifeless. But the fox knows better. Below that insulating blanket of snow, the environment at the ground stays near 32° Fahrenheit, no matter how far below zero the air temperature may fall or how frigid and hard the icy winter winds may blow. In this relatively balmy layer, insects stay active and shrews and voles and other rodents dig tunnels through the snow and go about their business. The fox can’t see their movements, but it can hear and smell them — and it hunts through the snow pack to survive until the warmth of spring brings everything back to the surface once more.
Every complete meal we serve comes with your choice of milk.

What’s on YOUR plate?

Grains: Mostly Whole

Protein Foods

Dairy

Half Fruits and Vegetables

Too easy?

Sometimes we can rely a little too much on the easiest options. Take boxed mac ‘n cheese. It’s convenient and quick. It’s easy to keep on hand. And kids like it. But it’s also made from refined grains rather than whole grains, and it’s fairly high in calories, saturated fat, and sodium. It can even contain some trans fat, if made according to the package directions. So mac ‘n cheese is fine once in awhile, especially served with fresh veggies like broccoli on the side. But it should not be a go-to meal for kids all the time.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

YEAR OF THE GOAT

The Chinese New Year begins with the new moon on February 19th. 2015 is the year of the Goat, Sheep, or Ram.

For many of us, especially kids, time in front of the TV is automatically snacking time. In fact, research shows that kids who cut their screen time (including TV, video games, and playing/surfing on the computer) also cut their body fat. Kids who cut screen time snack less, so they take in fewer calories AND they’re more active, so they burn more calories.

A TASTY MORSEL FOR PARENTS