### Issaquah School District Elementary Menu

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

#### Menus for September 2014

#### Monday, September 1

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#### Tuesday, September 2

**Lunch Prices**

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

**Entrees**

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

**Side Dishes**

- C.C. Cookie
- Baby Carrots
- Salad Bar
- Milk

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#### Wednesday, September 3

**Entrees**

- #1 Mac & Cheese (M)
- #2 No Choice
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

**Side Dishes**

- Celery Sticks
- Salad Bar
- Milk

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#### Thursday, September 4

**Entrees**

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

**Side Dishes**

- Oatmeal C.C. Cake
- Broccoli
- Salad Bar
- Milk

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#### Friday, September 5

**Entrees**

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

**Side Dishes**

- Peas
- Salad Bar
- Milk

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#### Monday, September 8

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

**Side Dishes**

- C.C. Cookie
- Black Beans
- Brownie
- Broccoli

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#### Tuesday, September 9

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

**Side Dishes**

- Celery Sticks
- Salad Bar
- Salad Bar
- Milk

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#### Wednesday, September 10

**Brunch for Lunch!**

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

**Side Dishes**

- Oatmeal C.C. Cake
- Broccoli
- Salad Bar
- Milk

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#### Thursday, September 11

**Brunch for Lunch!**

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

**Side Dishes**

- Corn
- Salad Bar
- Milk

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#### Friday, September 12

**Entrees**

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

**Side Dishes**

- C.C. Cookie
- Baby Carrots
- Salad Bar
- Milk

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**Seventh Grade Birthday:**

- Beyonce (33) -- Sept. 4
- Jane Addams -- Sept. 6
- Hunter Hayes (23) -- Sept. 9
- Jesse Owens -- Sept. 12
- Jimmy Fallon (40) -- Sept. 19
- Elie Wiesel (86) -- Sept. 30

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**Welcome Back!**

**Menus for September 2014**

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**Wellness is a Way of Life!**

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**Chew On This:**

Apples help lower blood sugar and reduce the amount of fat in your blood. Plus, apples have recently been shown to improve digestion and digestive health. But be sure to eat the actual fruit -- applesauce and apple juice don’t provide the same benefits.

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**Nutrition Tip:**

Fiber is just as important for kids as it is for adults. The best sources are the foods we’re usually told to eat more of: whole-grains, fresh fruits, and vegetables. When the entire family eats whole grain bread, kids get in the habit of eating fiber at an early age. And a bowl of berries or a bunch of bananas on the kitchen counter makes reaching for fiber easier!
Monday, September 15
#1 Toasted Cheese Sandwich w/ Tomato Soup (M)
#2 Whole Grain Corndog w/ Tomato Soup
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Broccoli
Salad Bar
Milk

Tuesday, September 16
#1 Chicken Burger
#2 Beef Soft Taco w/ Salsa
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

White Chocolate Cranberry Cookie
Baby Carrots
Salad Bar
Milk

Wednesday, September 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, September 18
#1 Nacho Supreme!
#2 No Choice
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Ice Cream Treat
Pinto Beans
Salad Bar
Milk

Friday, September 19
#1 Chicken Nuggets w/ Goldfish Grahams
#2 Veggie Burger (M)
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Peas
Salad Bar
Milk

Monday, September 22
#1 Cheeseburger
#2 Whole Grain Corndog
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Chocolate Cake
Broccoli
Salad Bar
Milk

Tuesday, September 23
#1 Hot Dog in a Bun
#2 Chicken Drumstick w/ Whole Grain Roll
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Kidney Beans
Salad Bar
Milk

Wednesday, September 24
#1 Cheese (M) or Pepperoni Pizza
#2 Turkey Deli Sandwich
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Oatmeal C.C. Cookie
Celery Sticks
Salad Bar
Milk

Thursday, September 25
#1 Pasta w/ Meat Sauce
#2 Sloppy Joe
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Baby Carrots
Salad Bar
Milk

Friday, September 26
#1 Chicken Rings w/ Breadstick
#2 Veggie Burger (M)
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Corn
Salad Bar
Milk

Monday, September 29
#1 Mac & Cheese (M)
#2 Whole Grain Corndog
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Chocolate Krinkle Cookie
Broccoli
Salad Bar
Milk

Tuesday, September 30
#1 Pancakes w/ Scrambled Eggs (M)
#2 French Toast Sticks w/ Scrambled Eggs (M)
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Baby Carrots
Salad Bar
Milk

WONDERS OF THE WORLD

Niagara Falls (lit beautifully at night) is on the U.S.-Canadian border between New York State and Ontario. Niagara isn’t the tallest falls in the world -- although at 165 feet at its highest vertical drop, it’s plenty big! But because it is extremely wide, Niagara has the highest water flow rate of any waterfall on earth. Over the next 50,000 years, erosion will smooth out Niagara Falls until it’s gone -- so make plans to see it soon!

NIAGARA FALLS

LICKETY SPLIT.

Hummingbirds can drink nectar from flowers at the rate of 13 licks per second! No wonder the Portuguese call the bird “beija-flor,” or “flower kisser.”

ANIMAL APPETITES

Are you one of the 10 million American kids who play soccer?
Around the world, a quarter of a billion people play soccer, or “football” as it’s known everywhere but here in the U.S.!