Menus for April 2015

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

Available Daily!
Every complete meal comes with a trip through the salad bar and a milk. In addition to the featured specials of the day, each secondary kitchen offers a variety of hot and cold entrée items each day.

- Lunch Prices:
  - Full Pay = $3.75
  - Reduced = $0.40
  - Adults = $4.25

A la carte items are available for purchase in addition to the hot lunch program. Prices for a la carte items vary.

Featured Specials of the Day

Wednesday, April 1
Orange Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
Fortune Cookie

Thursday, April 2
Pasta w/ Meat Sauce & Whole Grain Breadstick/Roll
Celery Sticks
Double Chocolate Chip Cookie

Friday, April 3
Fish N Chips
Corn

Break begins at the end of classes:

Friday, April 3

Classes resume:

Monday, April 13

Featured Specials of the Day

Monday, April 13
Bacon Cheeseburger
Baby Carrots

Tuesday, April 14
Tacos
Pinto Beans
Churro

Wednesday, April 15
Mac & Cheese w/ Whole Grain Roll
Broccoli
Crazy Cookie Day

Thursday, April 16
Chicken Parmesan w/ Pasta
Celery Sticks
Peanut Butter Cookie

Friday, April 17
Chicken Tenders w/ Mashed Potatoes & Gravy
Peas

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By the Numbers
In 2014, 50% of Snapchat users worldwide were 13-17 years old. Only 19% were 25 or older.
Monday, April 20
Western Chicken Burger
Baby Carrots

Tuesday, April 21
Nachos
Black Beans
Oatmeal Butterscotch Cookie

Wednesday, April 22
Cheese or Pepperoni Pizza
Apple
Broccoli
Sugar Cookie

Thursday, April 23
General Tso Chicken w/ Brown Rice & Stir Fry Veggies
Celery Sticks
Chocolate Cake

Friday, April 24
Chicken Alfredo w/ Whole Grain Breadstick
Corn

Monday, April 27
Chicken Cordon Bleu Burger
Baby Carrots

Tuesday, April 28
Chicken Fajitas
Kidney Beans
Cowboy Cookie

Wednesday, April 29
Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll
Broccoli
Chocolate Krinkle Cookie

Thursday, April 30
Sweet & Sour Chicken w/ Brown Rice & Stir Fry Veggies
Celery Sticks
Chocolate Chia Cake

The first Earth Day took place 45 years ago this month on April 22, 1970. Wisconsin Senator Gaylord Nelson, a Democrat, and California Congressman Pete McCloskey, a Republican, co-chaired events at schools, colleges, and parks across the U.S. that drew 20 million Americans outside on a Spring day to make a commitment to care for the environment. Earth Day is now celebrated in nearly 200 nations around the world.

Wanna stay fit? gotta eat right!

item: “fast casual” burrito
verdict: choices matter

tip: So-called “fast casual” restaurants have a lot to offer -- but can also provide lots of calories, fat, and sodium. Skip the cheese and sour cream, get a ½ scoop of brown rice instead of white, and choose a bowl instead of a tortilla, and you’ll get the meter numbers down to 675/6.5/1400.