63 BY THE NUMBERS
PERCENTAGE OF 18-29 YEAR OLDS WHO SLEEP WITH THEIR PHONE OR TABLET IN THEIR BED

Monday, February 2
  Bacon Cheeseburger
  Baby Carrots

Tuesday, February 3
  Chicken Enchiladas w/ Green Chile Sauce
  Black Beans
  Chocolate Krinkle Cookie

Wednesday, February 4
  Orange Chicken w/ Brown Rice & Stir Fry Veggies
  Broccoli
  Fortune Cookie

Thursday, February 5
  Mac & Cheese w/ Whole Grain Roll
  Celery Sticks
  Cowboy Cookie

Friday, February 6
  Fish N Chips
  Peas

Featured Specials of the Day

Monday, February 9
  Western Chicken Burger
  Baby Carrots

Tuesday, February 10
  Tacos
  Pinto Beans
  Crazy Cookie Day

Wednesday, February 11
  Pasta w/ Meatballs and Whole Grain Breadstick/Roll
  Broccoli
  Snickerdoodle Cookie

Thursday, February 12
  General Tso Chicken w/ Brown Rice & Stir Fry Veggies
  Celery Sticks
  Chocolate Chip Cake

Friday, February 13
  Chicken Tenders w/ Mashed Potatoes & Gravy
  Corn

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 school 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.

The Issaquah School District provides equal opportunity in its programs, activities, and employment.
Featured Specials of the Day

Monday, February 16
NO SCHOOL TODAY

Tuesday, February 17
No School!

Wednesday, February 18
No School!

Thursday, February 19
No School!

Friday, February 20
No School!

Monday, February 23
Chicken Alfredo w/ Whole Grain Breadstick
Baby Carrots

Tuesday, February 24
Chicken Fajitas
Kidney Beans
Peanut Butter Cookie

Wednesday, February 25
Pasta w/ Meat Sauce & Whole Grain Breadstick/Roll
Broccoli
White Chocolate Cranberry Cookie

Thursday, February 26
Cheese or Pepperoni Pizza
Celery Sticks
Chocolate Cake

Friday, February 27
Chicken Nuggets or Rings & Fries
Peas

BLOW 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.

eat fit
wanna stay fit?
gotta eat right!

item: ramen noodles
verdict: cheap for a reason

tip: Cheap and easy ramen noodles have long been a dietary mainstay of college students and other young folks struggling with both budgets and cooking skills. Well, you get what you pay for: a brick of ultra-processed calories and fat, treated with loads of salt so you’ll think they’re actually tasty.