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.

**Featured Specials of the Day**

**Monday, January 5**
- Bacon Cheeseburger
- Baby Carrots

**Tuesday, January 6**
- Chicken Enchiladas w/ Green Chile Sauce
- Black Beans
- Chocolate Chip Cookie

**Wednesday, January 7**
- Orange Chicken w/ Brown Rice & Stir Fry Veggies
- Broccoli
- Fortune Cookie

**Thursday, January 8**
- Turkey Pot Roast w/ Mashed Potatoes & Whole Grain Roll
- Celery Sticks
- Peanut Butter Cookie

**Friday, January 9**
- Fish N Chips
- Peas

**Monday, January 12**
- Chicken Cordon Bleu Burger
- Baby Carrots

**Tuesday, January 13**
- Tacos
- Pinto Beans
- Oatmeal Butterscotch Cookie

**Wednesday, January 14**
- BBQ Pulled Turkey Sandwich
- Broccoli
- Brownies

**Thursday, January 15**
- Pasta w/ Meat Sauce & Whole Grain Roll/Breadstick
- Celery Sticks
- Chocolate Krinkle Cookie

**Friday, January 16**
- Chicken Tenders w/ Mashed Potatoes & Gravy
- Corn

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**Secondarily Lunch**

**$3.75**

Get in touch with us today to learn more about free and reduced-price meals in our district:

425-837-5060

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Finally, a New Year’s resolution that’s easy to keep!

The meals we serve at school offer all students a convenient, economical, and healthy alternative for their school-day nutrition. So why not resolve to take advantage of this great service every day? This New Year, do your students -- and your family budget -- a favor. Encourage your students to join us for lunch!

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NUTRITION TO GO

Trying to cut down on added sugar? You might think that foods like pastry would be a good place to start. And you’d be right. A large cinnamon bun from a national chain has 59 grams of added sugar (double the maximum recommended daily amount). But a 44-oz. fountain soda contains 128 grams -- more than twice as much added sugar as the cinnamon bun!
Featured Specials of the Day

Monday, January 19
School will be closed on Monday, January 19 in honor of Martin Luther King, Jr.’s Birthday

Tuesday, January 20
Chicken Fajitas
Kidney Beans
Chocolate Chip Cake

Wednesday, January 21
Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll
Broccoli
White Chocolate Cranberry Cookie

Thursday, January 22
General Tso Chicken w/ Brown Rice & Stir Fry Veggies
Celery Sticks
Double Chocolate Chip Cookie

Friday, January 23
Chicken Rings or Nuggets & Fries
Peas

Featured Specials of the Day

Monday, January 26
Chicken Alfredo w/ Whole Grain Breadstick
Baby Carrots

Tuesday, January 27
Nachos
Black Beans
Cowboy Cookie

Wednesday, January 28
Cheese or Pepperoni Pizza
Broccoli
Snickerdoodle Cookie

Thursday, January 29
Chicken Parmesan w/ Pasta
Celery Sticks
Chocolate Cake

Friday, January 30
Western Chicken Burger
Corn

SWEET DREAMS.
Most adults need 7-8 hours of sleep a day, but infants need 16 and teens still need at least 9. If you don’t get enough sleep several nights in a row, you’ll have a “sleep debt” and need to catch up to perform at your best.

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.
WELLNESS IS A WAY OF LIFE!

Our Nation’s History

On January 31, 1865 - 150 years ago this month - Congress passed the 13th Amendment to the Constitution, outlawing slavery forever in the United States. The passage of the amendment culminated a great effort by President Abraham Lincoln and his cabinet and their allies in Congress and ended centuries of enslavement for millions of Africans and African-Americans in the U.S. A great retelling of the story of the 13th Amendment is the film “Lincoln,” by director Steven Spielberg, with Daniel Day-Lewis (left) as Lincoln.

With Liberty & Justice for All