### Issaquah School District Elementary Menu

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

#### Lunch Prices:

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

(M) = Meatless Entrée

### Menus for December 2015

<table>
<thead>
<tr>
<th>Monday, December 7</th>
<th>Tuesday, December 8</th>
<th>Wednesday, December 9</th>
<th>Thursday, December 10</th>
<th>Friday, December 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Mac &amp; Cheese (M)</td>
<td>#1 Pasta w/ Meat Sauce</td>
<td>#1 Cheese (M) or Pepperoni Pizza</td>
<td>#1 Nacho Supreme!</td>
<td>#1 Chicken Rings w/ Whole Grain Breadstick</td>
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<tr>
<td>#2 Whole Grain Mini Corndogs</td>
<td>#2 Chicken Burger</td>
<td>#2 Chicken Caesar Wrap</td>
<td>#2 No Choice</td>
<td>#2 Veggie Breadstick</td>
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<tr>
<td>#3 Yogurt Lunch (M)</td>
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<td>#2 Veggie Burger (M)</td>
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<tr>
<td>#4 Baked Potato Bar (M)</td>
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<td>#4 Baked Potato Bar (M)</td>
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<tr>
<td>Broccoli</td>
<td>Salad Bar</td>
<td>Celery Sticks</td>
<td>Churro</td>
<td>Peas</td>
</tr>
<tr>
<td>Salad Bar</td>
<td>Milk</td>
<td>Salad Bar</td>
<td>Black Beans</td>
<td>Salad Bar</td>
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<td>Milk</td>
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<td>Milk</td>
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#### NUTRITION Togo

Look for ways to get vegetable and fruit servings into your diet so that you can more easily reach 5-9 servings a day. When you add romaine lettuce and a slice or two of tomato to a burger or a sandwich, you’re suddenly getting a couple of servings of veggies in your meal! Want more? Go for broccoli or salad instead of french fries.

#### Out Cold.

Not only do kids eat more in the winter, they also tend to exercise less. Even if it’s cold where you live, you still need to be moving for a total of at least an hour a day! Some of that can happen indoors, but there’s plenty of outside activities that can keep you warm, too.

#### Wellness is a Way of Life!

Where do all of our crazy names for food come from?

**Word of Mouth**

Caesar Salad was invented (and named for) Caesar Cardini, an Italian immigrant to the U.S. who owned restaurants in San Diego, California and nearby Tijuana, Mexico in the 1920’s. Legend has it that, on one especially busy day, his kitchen ran out of most food and so improvised an elaborate tableside salad-tossing preparation to fool customers into thinking they were getting something special! Cardini’s recipe included raw egg and anchovies, but today’s standard Caesar Salad features romaine lettuce, Parmesan cheese, croutons, creamy Caesar dressing (without the raw egg) or vinaigrette, and sometimes grilled chicken. Thanks, Mr. Cardini!
El Niño

The climate phenomenon known as “El Niño” occurs in years when Pacific Ocean waters off the coast of Central and South America become warmer than usual. El Niño can make California wetter and warmer, the southern U.S. wetter and cooler, the northwest and central states warmer and drier, and the mid-Atlantic and northeast warmer on the whole, but prone to big snowstorms.

Scientists believe that we could see a very strong El Niño effect this winter. You can learn more about how El Niño might affect our weather at NOAA.gov.

Friday, December 18
#1 Chicken Nuggets w/ Whole Grain Vanilla Crackers
#2 Veggie Burger (M)
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)
Sugar Cookie
Corn
Salad Bar
Milk

Monday, December 14
#1 Mini Cheeseburger Sliders
#2 Whole Grain Corndog
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)
Broccoli
Salad Bar
Milk

Tuesday, December 15
#1 Cheesy Breadsticks w/ Pizza Sauce (M)
#2 Beef Soft Taco w/ Salsa
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)
Snickerdoodle
Baby Carrots
Salad Bar
Milk

Wednesday, December 16
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, December 17
#1 Cheese (M) or Pepperoni Pizza
#2 Turkey Deli Sandwich
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)
Pinto Beans
Salad Bar
Milk

Friday, December 18
#1 Chicken Nuggets w/ Whole Grain Vanilla Crackers
#2 Veggie Burger (M)
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)
Sugar Cookie
Corn
Salad Bar
Milk

REALLY Hot Chocolate!
The ancient Mayans started drinking chocolate drinks at least 1500 years ago, and they spiced up their beverage by adding ground hot peppers, as well as ground corn and various spices!

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

From The Issaquah School District’s Nutrition Services Staff

Last day of school: Friday, December 18
Classes resume: Monday, January 4

SEE YOU NEXT YEAR!