Issaquah School District Secondary Menu

The Issaquah School District provides equal opportunities 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 special of the day, secondary kitchens offer a variety of hot and cold entrée options each day.

Lunch Prices:

Full Pay = $3.75
Reduced = $0.40
Adults = $4.25

A la carte items are available in addition to the lunch program. Prices vary by item

Featured Specials of the Day

Tuesday, December 1
Chicken Enchiladas w/ Green Chile Sauce
Black Beans
Churro

Wednesday, December 2
Orange Chicken w/ Brown Rice & Stir-Fry Vegies
Broccoli
Crazy Cookie

Thursday, December 3
Pasta w/ Meat Sauce & Whole Grain Roll/Breadstick
Celery Sticks
Chocolate Cake

Friday, December 4
No Middle School Lunch Served
Chicken Tenders w/ Mashed Potatoes & Gravy
Corn

Monday, December 7
Bacon Cheeseburger
Baby Carrots

Tuesday, December 8
Tacos
Pinto Beans
Lemon Cookie

Wednesday, December 9
General Tso Chicken w/ Brown Rice & Stir-Fry Veggies
Broccoli
Chocolate Chip Cake

Thursday, December 10
Chicken Alfredo w/ Whole Grain Breadstick
Celery Sticks
Snickerdoodle

Friday, December 11
Toasted Ham & Cheese Sandwich w/ Tomato Soup
Peas

79 BY THE NUMBERS
IN BILLIONS OF DOLLARS, PROJECTED ON-LINE RETAIL SALES THIS HOLIDAY SEASON, UP 13.9% FROM 2014'S SALES

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

WORDS OF MOUTH

This month: "Caesar Salad"

Caesar Salad was invented by (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!

OUT COLD.

Not only do we eat more in the winter, we 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!

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

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.

Please See Reverse for Items Available Daily

Featured Specials of the Day

Monday, December 14
Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll
Baby Carrots

Tuesday, December 15
Chicken Fajitas
Kidney Beans
Double Chocolate Chip Cookie

Wednesday, December 16
Honey Fire Chicken w/ Brown Rice & Stir-Fry Veggies
Broccoli

Thursday, December 17
Mac & Cheese w/ Whole Grain Roll
Celery Sticks
Cowboy Cookie

Friday, December 18
Fish N Chips
Corn Sugar Cookie

Top 10 Artists

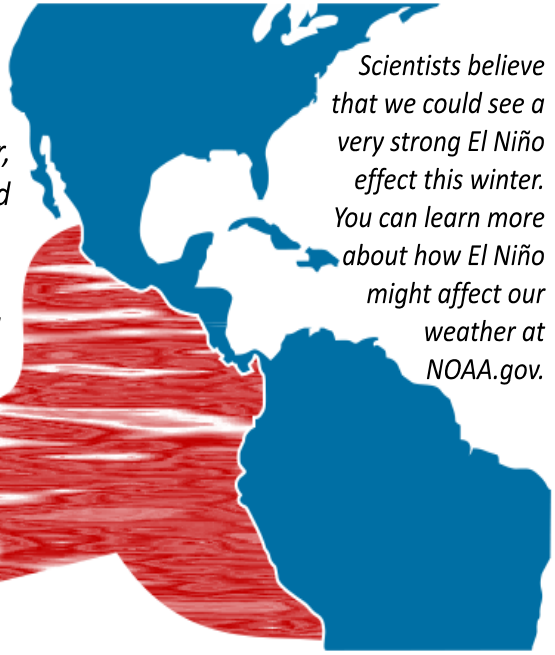
As determined the last week of November 2015

1/Adele
2/Chris Stapleton
3/Justin Bieber
4/Drake
5/The Weeknd
6/Taylor Swift
7/Carrie Underwood
8/Eric Church
9/Fetty Wap
10/Future

Source: Billboard

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.