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 Veggies
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

---

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

---

**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!

---

**By the Numbers**

In billions of dollars, projected on-line retail sales this holiday season, up 13.9% from 2014’s sales

---

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.

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.

---

**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

---

From The Issaquah School District’s Nutrition Services Staff.

The last day of school: Friday, Dec. 18
Classes resume: Monday, Jan. 4

Happy Holidays!