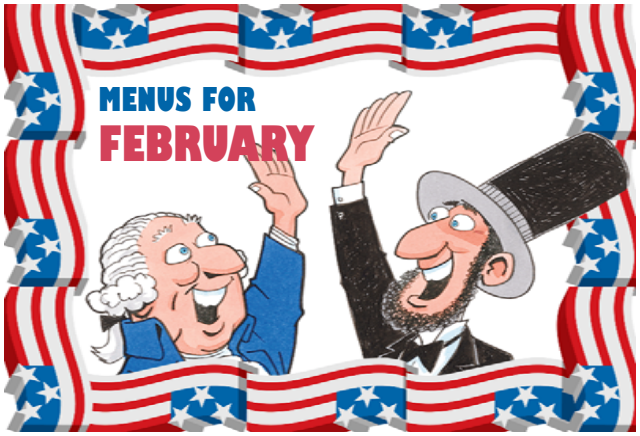



Issaquah School District Secondary Menu

**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.***

## 115 BY THE NUMBERS

**IN MILLIONS, THE APPROXIMATE NUMBER OF RED ROSES SOLD IN THE U.S. FOR VALENTINE'S DAY**

## Featured Specials of the Day

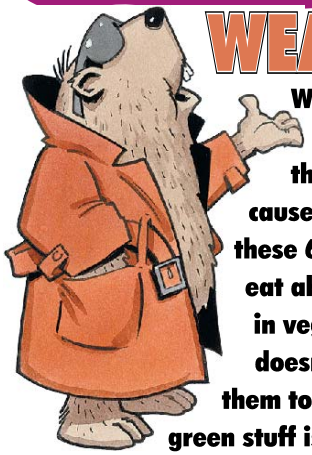
***Monday, February 1***
Bacon Cheeseburger
Baby Carrots

***Tuesday, February 2***
Chicken Enchiladas w/ Green Chile Sauce
Black Beans
Churro

***Wednesday, February 3***
Orange Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
Snickerdoodle

***Thursday, February 4***
Pasta w/ Meat Sauce & Whole Grain Breadstick/Roll
Celery Sticks
White Chocolate Cranberry Cookie

***Friday, February 5***
Chicken Tenders w/ Mashed Potatoes & Gravy
Corn



## WEATHERMAN

**When groundhogs start popping up to check out the weather, they have good cause to pay close attention: these 6-12 pound rodents need to eat about a third of their weight in vegetation every day. So it doesn't make much sense for them to pop up for good until the green stuff is starting to pop up, too!**

## ANIMAL APPETITES

# POWER OF LOVE.

February is a great time to think about love -- and how it supports wellness. Loving others -- and feeling loved -- has been shown to lower stress levels, decrease anxiety, boost the immune system, lower blood pressure, and fight disease.

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

## Featured Specials of the Day

***Monday, February 8***
Western Cheeseburger
Baby Carrots

***Tuesday, February 9***
Tacos
Pinto Beans
Oatmeal Butterscotch Cookie

***Wednesday, February 10***
General Tso Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
Chocolate Krinkle Cookie

***Thursday, February 11***
Chicken Alfredo w/ Whole Grain Breadstick
Celery Sticks

***Friday, February 12***
Toasted Ham & Cheese Sandwich w/ Tomato Soup
Peas
Sugar Cookie

# LOOKS LIKE A MILLION

Madame C. J. Walker was the first woman, black or white, to become a millionaire entirely by her own accomplishments. Born in 1867 to former slaves, she worked in the Louisiana cotton fields as a child, but later developed a line of hair-care and cosmetic products for black women. By 1917, her company was the largest black-owned business in the U.S.

**AFRICAN AMERICAN HISTORY MONTH**

*Learn more at www.madamcjwalker.com*

## *Featured Specials of the Day*

***Monday, February 22***
Chicken Cordon Bleu Burger
Baby Carrots

***Tuesday, February 23***
Nachos
Kidney Beans
Cowboy Cookie

***Wednesday, February 24***
Honey Fire Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
Chocolate Cake

***Thursday, February 25***
Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll
Celery Sticks
Crazy Cookie Day!

***Friday, February 26***
Fish N Chips
Peas

***Monday, February 29***
Chili w/ Whole Grain Cornbread
Baby Carrots

*Please See Reverse for Items Available Daily*

# eat fit

**wanna stay fit?**
**gotta eat right!**

***item:*** **chocolate candies**

***verdict:*** **just this once!**

***tip:***
*From a healthy eating standpoint, you know where this is going. But it IS Valentine's Day. Just promise to do something really healthy with your sweetheart next week!*

**IT TAKES THE EARTH 365¼ DAYS TO COMPLETE AN ORBIT AROUND THE SUN.**

**THAT'S WHY WE ADD A 366TH DAY (FEBRUARY 29th) IN EVERY YEAR THAT CAN BE DIVIDED EVENLY BY 4.**

**BUT THAT STILL LEAVES US OFF BY ABOUT 11 MINUTES EVERY YEAR.**

**SO CENTURY YEARS ONLY HAVE A LEAP YEAR IF THEY CAN BE DIVIDED EVENLY BY 400.**

**THAT'S WHY THE YEAR 2000 HAD A LEAP YEAR, BUT 1900 DID NOT, AND NEITHER WILL 2100.**

**GOT ALL THAT?**