MENUS FOR FEBRUARY

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

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

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

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 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

Winter Break
Last Day of Classes
February 12
Classes Resume
February 22

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 365 1/4 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?

African American History Month
Learn more at www.madamcjwalker.com

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.