



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, each secondary kitchen offers 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

Wednesday, March 1

Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll
 Celery Sticks
 Chocolate Krinkle Cookie

Thursday, March 2

Orange Chicken w/ Brown Rice & Stir Fry Veggies
 Broccoli
 Chocolate Chip Cake

Friday, March 3

Fish N Chips
 Peas

Monday, March 6

Bacon Cheeseburger
 Baby Carrots

Tuesday, March 7

Tacos
 Pinto Beans
 Double Chocolate Chip Cookie

Wednesday, March 8

Pasta w/ Meat Sauce & Whole Grain Breadstick/Roll
 Celery Sticks
 Chocolate Cake

Thursday, March 9

Italian Chicken Sandwich
 Broccoli
 Oatmeal Chocolate Chip Cookie

Friday, March 10

Mac & Cheese w/ Whole Grain Roll
 Corn

Daylight Saving Time was first proposed by Benjamin Franklin in 1784, as a way to save money on candles!

Spring forward on March 12



Word Play **ultracrepidarian**

An "ultracrepidarian" is someone who gives opinions on subjects that are beyond his or her knowledge or expertise. So, everybody on the internet!

NUTRITION TO GO

Here's the bottom line: the best way to cook vegetables is whatever way that makes you want to eat more of them! But as much as 25% or more of Vitamin C and the B vitamins may be lost when veggies are boiled. To keep more of the vitamins, cook veggies by grilling, steaming, microwaving with just a little water, or stir-frying with a bit of healthy oil.

A TASTY MORSEL FOR TEENS

34.5 BY THE NUMBERS
IN MILLIONS, THE NUMBER OF AMERICANS WHOSE HERITAGE IS PRIMARILY OR PARTIALLY IRISH.

Featured Specials of the Day

Monday, March 13

BBQ Beef Sandwich
Baby Carrots

Tuesday, March 14

Chicken Enchiladas w/ Green Chile Sauce
Kidney Beans
Snickerdoodle

Wednesday, March 15

Chicken Parmesan w/ Pasta
Celery Sticks
Pumpkin Cake

Thursday, March 16

General Tso Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli

Friday, March 17

Chicken Tenders w/ Mashed Potatoes & Gravy
Peas
Sugar Cookie

Featured Specials of the Day

Monday, March 20

Western Cheeseburger
Baby Carrots

Tuesday, March 21

Nachos
Black Beans
Churro

Wednesday, March 22

Chicken Alfredo w/ Whole Grain Breadstick
Celery Sticks
Apple Crisp

Thursday, March 23

Chili w/ Whole Grain Cornbread
Broccoli
Brownie

Friday, March 24

Toasted Ham & Cheese Sandwich w/ Tomato Soup
Corn

PLEASE SEE REVERSE
SIDE FOR ITEMS
AVAILABLE EVERY DAY

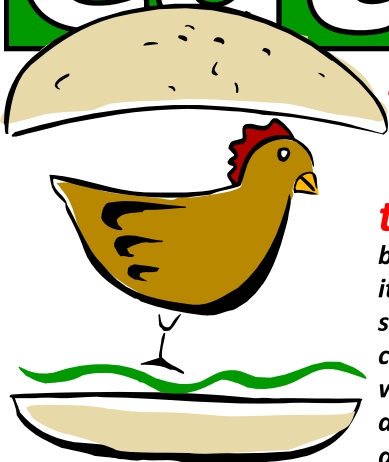
THE **ARTIST** LIST

Top 10 Artists
As determined the
last week of
February 2017

- 1/Migos
- 2/Ed Sheeran
- 3/Brantley Gilbert
- 4/The Weeknd
- 5/Drake
- 6/Bruno Mars
- 7/The Chainsmokers
- 8/Rihanna
- 9/Taylor Swift
- 10/twenty one pilots

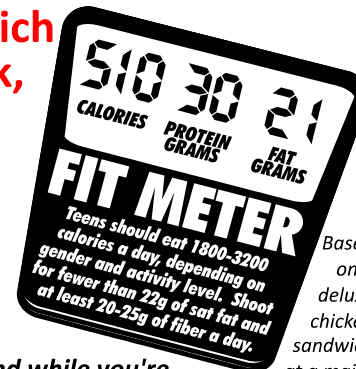
Source:
Billboard

eat fit wanna stay fit?
gotta eat right!



item: fast food chicken sandwich
verdict: don't chuck the cluck,
just eschew the goo

tip: Two problems with the standard bird-on-a-bun at the local fast food joint: it's deep fried and it's oozing with special sauce, mayo, cheese-like substance, or some other goo. Two solutions: choose a broiled or grilled bird and, to get all the way down to 300 calories and 3.5g of fat, hold the automatic mayo or sauce (try mustard instead). And while you're at it, ask the kid behind the counter to define the word "eschew."



Based on a deluxe chicken sandwich at a major chain.

Featured Specials of the Day

Monday, March 27

BBQ Beef Sandwich
Baby Carrots

Tuesday, March 28

Chicken Fajitas
Garbanzo Beans
White Chocolate Cranberry Cookie

Wednesday, March 29

Lasagna w/ Whole Grain Breadstick/Roll
Celery Sticks
Peanut Butter Cookie

Thursday, March 30

Sweet & Sour Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
Oatmeal Butterscotch Cookie

Friday, March 31

Cheese or Pepperoni Pizza
Peas

