

MENUS FOR OCTOBER 2016



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

Monday, October 3

Bacon Cheeseburger
Pinto Beans

Tuesday, October 4

Orange Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
Oatmeal C.C. Cookie

Wednesday, October 5

Taste WA Day!

Cheese or Pepperoni Pizza
Locally Grown Fruit & Vegetable Options
Snickerdoodle

Thursday, October 6

Chicken Enchiladas w/ Green Chile Sauce
Kidney Beans
Churro

Friday, October 7

Fish N Chips
Peas

TASTE WA DAY

On Oct. 5th we will be celebrating Taste WA Day by offering locally grown and produced grain, milk, vegetable, and fruit in all our schools.

Signage will be available in the lunch room that will highlight the farm that grew, harvested and produced each of the featured food items.

We hope you enjoy this exciting day and the fresh featured items from a WA State farmer near you!



Featured Specials of the Day

Monday, October 10

No School!

Tuesday, October 11

Chicken Fajitas
Black Beans
Chocolate Cake

Wednesday, October 12

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

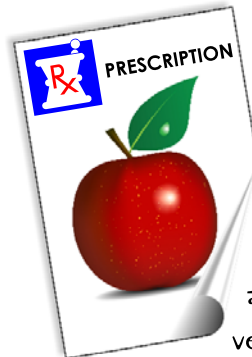
Thursday, October 13

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

Friday, October 14

Chili w/ Whole Grain Cornbread
Corn

JUST WHAT THE DOCTOR ORDERED.



Experts urge that we eat 5-9 servings of fruits and vegetables every day – and a growing number of American doctors are putting that advice in writing by actually prescribing fruits and vegetables for their patients.

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

3 BY THE NUMBERS
THE AVERAGE TRICK-OR-TREATER CONSUMES 3 CUPS (OR 220 PACKETS) OF ADDED SUGAR OVER HALLOWEEN.

**PLEASE
SEE REVERSE
FOR ITEMS
AVAILABLE DAILY**

Featured Specials of the Day

Monday, October 17

Italian Chicken Sandwich
Baby Carrots

Tuesday, October 18

Nachos
Garbanzo Beans
Chocolate Chip Cake

Wednesday, October 19

Chicken Alfredo w/ Whole Grain Breadstick
Celery Sticks

Oatmeal Butterscotch Cookie

Thursday, October 20


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

Double Chocolate Chip Cookie

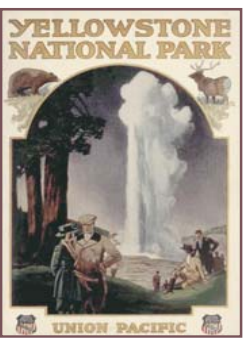
Friday, October 21

Chicken Tenders w/ Mashed Potatoes & Gravy
Peas

OUR NATION'S HISTORY



This year, the United States National Park Service turns 100 years old. Two years later, Yellowstone became our first official national park when the Army turned management of the park over to the new National Park Service in October 1918. The poster to the right is an ad from the 1920's for railroad trips to Yellowstone to see the new park's amazing geysers and plentiful wildlife. In 2015, over 4 million people visited Yellowstone and, for the first time, visitors to all 400+ Park Service sites topped 300 million!



WITH LIBERTY & JUSTICE FOR ALL



DON'T LET THIS HAPPEN TO YOU!

ON MOST DAYS, MICHAEL ATE LUNCH AT SCHOOL AND FELT JUST FINE IN THE AFTERNOON. BUT WHEN HE SKIPPED LUNCH, HE TRANSFORMED INTO A HORRIBLE KIND OF ZOMBIE BY ONE O'CLOCK!

Food Service Subs Needed

We are currently looking for people who would like to work as a sub in our school kitchens. Shifts are typically between 3.5-5.5 hours during the normal school day. If you would like to work in a fast-paced and rewarding field in our schools please call Christine Richardson in the Food Service office for further information at 425-837-5060.

Featured Specials of the Day

Monday, October 24
Western Cheeseburger
Baby Carrots

Tuesday, October 25
Tacos
Kidney Beans
Brownie

Wednesday, October 26
Chicken Parmesan w/ Pasta
Celery Sticks
Peanut Butter Cookie

Thursday, October 27
Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll
Broccoli
White Chocolate Cranberry Cookie

Friday, October 28
Toasted Ham & Cheese Sandwich w/ Tomato Soup
Corn

Monday, October 31
BBQ Beef Rib Sandwich
Baby Carrots
Sugar Cookie

THE TOP 10 ARTISTS
for the week ending October 1, 2016



LIST

- 1/Drake
- 2/twenty one pilots
- 3/The Chainsmokers
- 4/Rihanna
- 5/Travis Scott
- 6/A Day To Remember
- 7/Adele
- 8/Ariana Grande
- 9/Beyonce
- 10/Florida Georgia Line

Source: Billboard