



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

Thursday, September 1

Bacon Cheeseburger
 Pinto Beans

Friday, September 2

Fish N Chips
 Peas

Monday, September 5

★ **LABOR DAY** ★

Tuesday, September 6

Italian Chicken Sandwich
 Celery Sticks
 Snickerdoodle

Wednesday, September 7

Cheese or Pepperoni Pizza
 Broccoli
 Oatmeal Chocolate Chip Cookie

Thursday, September 8

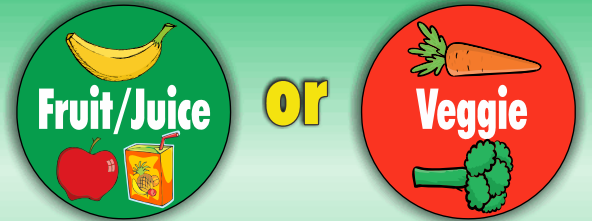
Chicken Enchiladas w/ Green Chile Sauce
 Kidney Beans
 Chocolate Krinkle Cookie

Friday, September 9

Toasted Ham & Cheese Sandwich w/ Tomato Soup
 Corn

DON'T 4 GET!

To make a lunch, choose at least one



**ISSAQUAH SCHOOL DISTRICT
 NUTRITION SERVICES**

Still the best deal in town!

Lunch \$3.75

THE Top 10 Artists LIST
 for last week of July 2016

- 1/ **Blink-182**
- 2/ **Drake**
- 3/ **twenty one pilots**
- 4/ **Rihanna**
- 5/ **Justin Bieber**
- 6/ **Beyonce**
- 7/ **Adele**
- 8/ **Maxwell**
- 9/ **Meghan Trainor**
- 10/ **Justin Timberlake**

Source: Billboard

Get in touch with us today to learn more about free and reduced-price meals in our district:
 425-837-5064 or beltzn@issaquah.wednet.edu

59 **BY THE NUMBERS**
THE PERCENTAGE OF TEENAGERS WHO REPORT WATCHING COOKING OR FOOD SHOWS ON TV OR ON-LINE.

Featured Specials of the Day

Monday, September 12

Western Cheeseburger
 Baby Carrots

Tuesday, September 13

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

Wednesday, September 14

Orange Chicken w/ Brown Rice & Stir Fry Veggies
 Broccoli
 Lemon Cookie

Thursday, September 15

Chicken Fajitas
 Black Beans
 Churro

Friday, September 16

Chili w/ Whole Grain Cornbread
 Peas

Featured Specials of the Day

Monday, September 19

Chicken Cordon Bleu Burger
 Baby Carrots

Tuesday, September 20

Chicken Alfredo w/ Whole Grain Breadstick
 Celery Sticks
 Pumpkin Cake

Wednesday, September 21

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

Thursday, September 22

Nachos
 Garbanzo Beans
 Chocolate Cake

Friday, September 23

Chicken Tenders w/ Mashed Potatoes & Gravy
 Peas

please see reverse for items available daily

10 x 2.

Here's a simple way to roll a wellness "strike" twice a day, every day. Add just 10 minutes of daily exercise to whatever you're doing now. And get to bed just 10 minutes earlier than usual. Easy formula for improved wellness, right? Might even improve your bowling game!



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

Featured Specials of the Day

Monday, September 26

Tacos
 Baby Carrots

Tuesday, September 27

Chicken Parmesan w/ Pasta
 Celery Sticks
 Brownie

Wednesday, September 28

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

Thursday, September 29

BBQ Beef Rib Sandwich
 Black Beans
 Peanut Butter Cookie



Friday, September 30

Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll
 Corn



Afraid of sharks? Of course you are! But how about pencils – afraid of them? Or candles? Stairs? Hot dogs? Balloons? Coconuts? All of these things kill more people every year than shark attacks, which cause, on average, less than one death every two years in the U.S. In fact, watching "Shark Week" on TV may actually pose more danger to you than actual sharks – 29 people a year are killed by falling television sets!