### Menu for June

#### Issaquah School District Elementary

The Issaquah School District provides equal opportunities in its programs, activities, and employment.

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#### Menus for June

**Monday, June 1**
- #1 Chicken Burger
- #2 Whole Grain Mini Corndogs
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

   - Broccoli
   - Salad Bar
   - Milk

**Tuesday, June 2**
- #1 Teriyaki Beef Dippers w/ Brown Rice
- #2 Egg Roll w/ Brown Rice
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

   - Chocolate Chip Cake
   - Baby Carrots
   - Salad Bar
   - Milk

**Wednesday, June 3**
- #1 Cheese (M) or Pepperoni Pizza
- #2 Turkey Deli Sandwich
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

   - Celery Sticks
   - Salad Bar
   - Milk

**Thursday, June 4**
- #1 Fish Nuggets
- #2 Beef Soft Taco w/ Salsa
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

   - Sugar Cookie
   - Black Beans
   - Salad Bar
   - Milk

**Friday, June 5**
- #1 Chicken Nuggets w/ Goldfish Grahams
- #2 Veggie Burger (M)
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

   - Corn
   - Salad Bar
   - Milk

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#### Menus for June

**Monday, June 8**
- #1 Mac & Cheese (M)
- #2 Whole Grain Mini Corndogs
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

   - Broccoli
   - Salad Bar
   - Milk

**Tuesday, June 9**
- #1 Cheesy Breadsticks w/ Pizza Sauce (M)
- #2 Bean & Cheese Burrito w/ Salsa (M)
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

   - Chocolate Cake
   - Baby Carrots
   - Salad Bar
   - Milk

**Wednesday, June 10**
- Brunch for Lunch!
  - #1 Pancakes w/ Scrambled Eggs (M)
  - #2 French Toast Sticks w/ Scrambled Eggs (M)
  - #3 Yogurt Lunch (M)
  - #4 Baked Potato Bar (M)

   - Celery Sticks
   - Salad Bar
   - Milk

**Thursday, June 11**
- #1 Cheese (M) or Pepperoni Pizza
- #2 Chicken Caesar Wrap
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

   - Crazy Cookie Day!
   - Kidney Beans
   - Salad Bar
   - Milk

**Friday, June 12**
- #1 Chicken Rings w/ Whole Grain Breadstick
- #2 Veggie Burger (M)
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

   - Peas
   - Salad Bar
   - Milk

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**Fun in the Sun:**

Kids should make an effort to drink more water instead of other drinks this summer. Regular soda contains gobs of added sugar, and diet soda has been implicated in health issues, too. “Sports” drinks are almost always unnecessary and “energy” drinks can be dangerous. Water is healthier and safer (cheaper, too, if it’s from the tap!)

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**Issaquah School District Elementary**

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**No worries. Dad’s got you. Happy Father’s Day June 21**
Monday, June 15
#1 Mini Cheeseburger Sliders
#2 Whole Grain Mini Corndogs
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)
Fruit Sorbet
Broccoli
Salad Bar
Milk

Tuesday, June 16
#1 Nacho Supreme!
#2 No Choice
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)
Pinto Beans
Salad Bar
Milk

Wednesday, June 17
#1 Chicken Nuggets w/Goldfish Grahams
#2 Veggie Burger (M)
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)
Corn
Salad Bar
Milk

Thursday, June 18
Last Day of School!
(No Lunch Served)

Friday, June 19
No School

Lunch Prices:
Full Pay = $3.50
K-3 Reduced = Free
4-5 Reduced = $0.40
Adult = $4.25
(M) = Meatless Entrée

This summer, why not go to seed?!
Maybe the easiest edible plant that anyone can grow from seed (no matter where you live, or how much space you have, or how green your thumb might be) is a delicious, beautiful, and aromatic culinary herb called basil. Buy a pack of sweet basil seeds, fill a big pot with some good soil, sprinkle the tiny seeds on top, cover with a half-inch or so of additional dirt, and keep moist for a week or two until the seedlings begin to poke up. Once they’re an inch or two tall, you can pull up any that are too close together and stick them wherever there’s more room in the pot. In five weeks or so, you’ll have a great crop! If they start to flower, pinch the flowers off so the leaves keep growing. Pluck leaves at any time and layer them over sliced tomatoes with olive oil and mozzarella cheese for a great summer side dish!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Our Nation’s History
On June 30, 1971 the 26th amendment to the United States Constitution was enacted, establishing 18 as the age at which American citizens can vote in all federal, state, and local elections. The amendment was ratified by the states in just two months, the fastest ratification ever, and the passage of the amendment added 11 million voters to the eligible voting pool.

With Liberty & Justice for All