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

SPIN YOUR WHEELS.

Biking may be the only activity that combines exercise, fun, AND transportation! Just remember to always wear bright clothes, close-toed shoes, and a helmet – and follow the rules of the road!

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

NUTRITION TO GO

For nutrition and flavor, it’s a good idea to always eat the skin of a fresh apple. Many of an apple’s fantastic nutrients -- like vitamin C and beta carotene -- are concentrated in or just below the skin, as is most of the fiber. The fragrance cells, which increase our sense of an apple’s flavor, are also in the skin.

ENJOY YOUR

BREAK

BREAK BEGINS AT THE END OF CLASSES
FRIDAY, APRIL 8

Lunch Prices:

- Full Pay = $3.50
- K-3 Reduced = Free
- 4-5 Reduced = $0.40
- Adults = $4.25

(M) = Meatless Entrée
### Wonders of the World

The Great Wall of China stretched for more than 13,000 miles, including all of its branches and fortifications. As many as 25,000 watchtowers studed the wall, which was primarily designed to keep out Mongol raiders and other nomads from the north. The wall was begun as early as 2600 years ago and was regularly extended, destroyed, rebuilt, and restored over the next 25-plus centuries. Most of what still exists today is about 400 to 600 years old, dating from the Ming Dynasty.

### The Great Wall of China

<table>
<thead>
<tr>
<th>Day</th>
<th>Menu Options</th>
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</table>
| Thursday, April 21 | #1 Nacho Supreme!  
#2 No Choice  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  |
|                 | Churro  
Black Beans  
Salad Bar  
Milk  |
| Friday, April 22 | #1 Chicken Nuggets w/ Whole Grain Vanilla Crackers  
#2 Veggie Burger (M)  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  |
|                 | Corn  
Salad Bar  
Milk  |
| Monday, April 18 | #1 Mac & Cheese (M)  
#2 Whole Grain Corn Dog  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  |
|                 | Broccoli  
Salad Bar  
Milk  |
| Tuesday, April 19 | #1 Pasta w/ Meat Sauce  
#2 Chicken Burger  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  |
|                 | Chocolate Krinkle Cookie  
Baby Carrots  
Salad Bar  
Milk  |
| Wednesday, April 20 | “Waste Free Wednesday”  
#1 Cheese (M) or Pepperoni Pizza  
#2 Chicken Caesar Wrap  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  |
|                 | Apple  
Celery Sticks  
Salad Bar  
Milk  |
| Thursday, April 21 | #1 Nacho Supreme!  
#2 No Choice  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  |
|                 | Churro  
Black Beans  
Salad Bar  
Milk  |
| Friday, April 22 | #1 Chicken Nuggets w/ Whole Grain Vanilla Crackers  
#2 Veggie Burger (M)  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  |
|                 | Corn  
Salad Bar  
Milk  |
| Monday, April 25 | #1 Toasted Cheese Sandwich w/ Tomato Soup (M)  
#2 Whole Grain Mini Corndog  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  |
|                 | Broccoli  
Salad Bar  
Milk  |
| Tuesday, April 26 | #1 Cheesy Breadsticks w/ Pizza Sauce (M)  
#2 Bean & Cheese Burrito w/ Salsa (M)  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  |
|                 | Brownie  
Baby Carrots  
Salad Bar  
Milk  |
| Wednesday, April 27 | 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, April 28 | #1 Cheese (M) or Pepperoni Pizza  
#2 Turkey Deli Sandwich  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  |
|                 | Pinto Beans  
Fruit Sorbet  
Salad Bar  
Milk  |
| Friday, April 29 | #1 Chicken Rings w/ Whole Grain Breadstick  
#2 Veggie Burger (M)  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  |
|                 | Peas  
Salad Bar  
Milk  |

### Cool Veggies!

Some vegetables are called "cold hardy." That means they can be harvested in the cool of winter in Florida or California. Or, in the colder states, they can be planted in early spring, up to 6 weeks before the last freeze. We've scrambled the names of some of these tough guys above. Unscramble them, then write the circled letters below and unscramble to name the cold hardy veggie that's pictured here!

**CIRCLED LETTERS:**

**ANSWER:**

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