### MENUS FOR FEBRUARY

#### Issaquah School District Elementary Menu

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

#### Lunch Prices:
- **Full Pay** = $3.50
- **K-3 Reduced** = Free
- **4-5 Reduced** = $0.40
- **Adult** = $4.25

(M) = Meatless Entrée

#### Menus for February

<table>
<thead>
<tr>
<th>Monday, February 1</th>
<th>Tuesday, February 2</th>
<th>Wednesday, February 3</th>
<th>Thursday, February 4</th>
<th>Friday, February 5</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Mac &amp; Cheese (M)</td>
<td>#1 Teriyaki Beef Dippers w/ Brown Rice</td>
<td>#1 Cheese (M) or Pepperoni Pizza</td>
<td>#1 Cheesy Breadsticks w/ Pizza Sauce (M)</td>
<td>#1 Chicken Rings w/ Whole Grain Breadstick</td>
</tr>
<tr>
<td>#2 Whole Grain Mini Corndogs</td>
<td>#2 Egg Roll w/ Brown Rice</td>
<td>#2 Chicken Caesar Wrap</td>
<td>#2 Beef Soft Taco w/ Salsa</td>
<td>#2 Veggie Burger (M)</td>
</tr>
<tr>
<td>#3 Yogurt Lunch (M)</td>
<td>#3 Yogurt Lunch (M)</td>
<td>#3 Yogurt Lunch (M)</td>
<td>#3 Yogurt Lunch (M)</td>
<td>#3 Yogurt Lunch (M)</td>
</tr>
<tr>
<td>#4 Baked Potato Bar (M)</td>
<td>#4 Baked Potato Bar (M)</td>
<td>#4 Baked Potato Bar (M)</td>
<td>#4 Baked Potato Bar (M)</td>
<td>#4 Baked Potato Bar (M)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>White Chocolate Cranberry Cookie</td>
<td>Celery Sticks</td>
<td>Lemon Cookie</td>
<td>Corn</td>
</tr>
<tr>
<td>Salad Bar</td>
<td>Baby Carrots</td>
<td>Salad Bar</td>
<td>Kidney Beans</td>
<td>Salad Bar</td>
</tr>
<tr>
<td>Milk</td>
<td>Salad Bar</td>
<td>Milk</td>
<td>Salad Bar</td>
<td>Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Monday, February 8</th>
<th>Tuesday, February 9</th>
<th>Wednesday, February 10</th>
<th>Thursday, February 11</th>
<th>Friday, February 12</th>
</tr>
</thead>
<tbody>
<tr>
<td>#1 Mini Cheeseburger Sliders</td>
<td>#1 Pasta w/ Meat Sauce (#2 Cheeseburger)</td>
<td>#1 Cheese (M) or Pepperoni Pizza</td>
<td>#1 Cheese (M) or Pepperoni Pizza</td>
<td>#1 Heart-Shaped Chicken Nuggets w/ Whole Grain Bakery Crackers</td>
</tr>
<tr>
<td>#2 Whole Grain Corndog</td>
<td>#3 Yogurt Lunch (M)</td>
<td>#2 French Toast Sticks w/ Scrambled Eggs (M)</td>
<td>#2 Ham Deli Sandwich</td>
<td>#2 Veggie Burger (M)</td>
</tr>
<tr>
<td>#3 Yogurt Lunch (M)</td>
<td>#4 Baked Potato Bar (M)</td>
<td>#3 Yogurt Lunch (M)</td>
<td>#3 Yogurt Lunch (M)</td>
<td>#3 Yogurt Lunch (M)</td>
</tr>
<tr>
<td>#4 Baked Potato Bar (M)</td>
<td></td>
<td>#4 Baked Potato Bar (M)</td>
<td>#4 Baked Potato Bar (M)</td>
<td>#4 Baked Potato Bar (M)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td>Brownies</td>
<td>Celery Sticks</td>
<td>Pinto Beans</td>
<td>Sugar Cookie</td>
</tr>
<tr>
<td>Salad Bar</td>
<td>Baby Carrots</td>
<td>Salad Bar</td>
<td>Salad Bar</td>
<td>Peas</td>
</tr>
<tr>
<td>Milk</td>
<td>Salad Bar</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
</tbody>
</table>

#### NUTRITION Togo

40 percent of Americans surveyed said that spaghetti is their favorite kind of pasta, followed by lasagna (12%), macaroni and cheese (6%), fettuccine (6%), linguine (3%), elbows (3%), pasta salad (3%), and angel hair (2%). Pasta sales in the U.S. have declined in recent years, primarily because of the spread of low-carb dieting.

#### WEATHERMAN

When groundhogs start popping up to check out the weather, they have good cause to pay close attention: these 6-12 pound rodents need to eat about a third of their weight in vegetation every day. So it doesn’t make much sense for them to pop up for good until the green stuff is starting to pop up, too!

#### YEAR OF THE MONKEY

The Chinese New Year begins with the new moon on February 8. 2016 is the year of the Monkey.
Monday, February 22
#1 Chicken Burger
#2 Whole Grain Mini Corndogs
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Broccoli
Salad Bar
Milk

Tuesday, February 23
#1 Fish Nuggets
#2 Bean & Cheese Burrito w/ Salsa (M)
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Chocolate Chip Cookie
Baby Carrots
Salad Bar
Milk

Wednesday, February 24
#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, February 25
#1 Nacho Supreme!
#2 No Choice
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Churro
Black Beans
Salad Bar
Milk

Friday, February 26
#1 Cheese (M) or Pepperoni Pizza
#2 Turkey Deli Sandwich
#3 Yogurt Lunch (M)
#4 Baked Potato Bar (M)

Peas
Salad Bar
Milk

Every complete meal we serve comes with your choice of milk!