## Menus for Issaquah School District Elementary Menu

### Happy St. Patrick’s Day!

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

### Our Nation’s History

On March 6, 1836, the Alamo Mission in San Antonio, Texas fell to an army of General Santa Ana of Mexico. The Alamo, defended by fewer than 200 men against several thousand soldiers, had held out for 13 days.

### Weird Science

**Make a RUBBER EGG!**

1. Place the raw egg in the container and cover it with vinegar.
2. After 24 hours, gently prod the egg with your finger. Does it feel soft and elastic like rubber? (If not, replace the vinegar with fresh vinegar and wait another 24 hours.)
3. Congratulations! You have used the vinegar to “decarbonate” the egg. The egg shell contains a substance called “calcium carbonate.” The acid in the vinegar dissolves the calcium carbonate in the egg shell, and what’s left is soft and flexible rather than hard and rigid. You’ve created a rubber egg!

### NUTRITION TO GO

Stew is any combination of food cooked slowly in simmering liquid. Stew was one of the first forms of cooked food — stew recipes are found in the oldest existing “cookbook.” Stew smells amazing when it’s slow-cooking, and eating a bowl of hot stew warms us up on a raw and blustery late winter or early spring day, too!

### Lunch Prices:

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

(M) = Meatless

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<table>
<thead>
<tr>
<th>Day</th>
<th>Tuesday, March 15</th>
<th>Wednesday, March 16</th>
<th>Thursday, March 17</th>
<th>Friday, March 18</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Meal</td>
<td>#1 Cheese Quesadilla w/ Salsa (M)</td>
<td>#1 Cheese (M) or Pepperoni Pizza</td>
<td>#1 Shamrock Shape Chicken Nuggets w/ Whole Grain Vanilla Crackers</td>
<td>#1 Fish Nuggets</td>
</tr>
<tr>
<td>2nd Meal</td>
<td>#2 Cheese (M) or Salsa (M)</td>
<td>#2 Turkey Deli Sandwich</td>
<td>#2 Veggie Burger (M)</td>
<td>#2 Bean &amp; Cheese Burrito w/ Salsa (M)</td>
</tr>
<tr>
<td>3rd Meal</td>
<td>#3 Yogurt Lunch (M)</td>
<td>#3 Yogurt Lunch (M)</td>
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<td>#3 Yogurt Lunch (M)</td>
</tr>
<tr>
<td>4th Meal</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>Sides</td>
<td>Oatmeal C.C. Cookie</td>
<td>Celery Sticks</td>
<td>Sugar Cookie</td>
<td>Corn</td>
</tr>
<tr>
<td></td>
<td>Baby Carrots</td>
<td>Salad Bar</td>
<td>Garbanzo Beans</td>
<td>Salad Bar</td>
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<tr>
<td></td>
<td>Salad Bar</td>
<td>Milk</td>
<td>Salad Bar</td>
<td>Milk</td>
</tr>
</tbody>
</table>

- **Tuesday, March 15**:
  - #1 Cheese Quesadilla w/ Salsa (M)
  - #2 Cheese (M) or Salsa (M)
  - #3 Yogurt Lunch (M)
  - #4 Baked Potato Bar (M)
  - Baby Carrots
  - Salad Bar
  - Milk

- **Wednesday, March 16**:
  - #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, March 17**:
  - #1 Shamrock Shape Chicken Nuggets w/ Whole Grain Vanilla Crackers
  - #2 Veggie Burger (M)
  - #3 Yogurt Lunch (M)
  - #4 Baked Potato Bar (M)
  - Sugar Cookie
  - Garbanzo Beans
  - Salad Bar
  - Milk

- **Friday, March 18**:
  - #1 Fish Nuggets
  - #2 Bean & Cheese Burrito w/ Salsa (M)
  - #3 Yogurt Lunch (M)
  - #4 Baked Potato Bar (M)
  - Corn
  - Salad Bar
  - Milk

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**Boost your Burrito!**

Burritos made at home or at a Mexican restaurant, should **ALWAYS INCLUDE BEANS**! These tasty little wonders are a nutritional powerhouse, brimming with fiber, protein, and nutrients. For good nutrition, skimp on the cheese and load up on the beans!

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**The Guokka, a cat-sized Marsupial, carries its babies in a pouch -- one of the reasons it's often called the cutest animal in the world! But cuteness is in the eye of the beholder. In 1696, a Dutch explorer named the Australian island where guokkas live "Rottnest" -- or "Bats Nest" -- because he thought the cuddly critters looked like overgrown rodents!**

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**Learn more at [www.choosemyplate.gov](http://www.choosemyplate.gov) or [http://kidshealth.org/kid/stay_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)**

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**Strange but true!**

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**Wikimedia**: Hesperian