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

Menus for November 2015

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Until about 1,000 years ago, English-speaking people thought of the year in two parts -- the warm half and the cold half. The word “winter,” is 5,000 years old, and “summer” is a pretty old word, too. The word “spring” was in general use by the 1400’s, and “autumn” is a Latin word that also entered English around 1400. “Fall” came into use as a complement to “spring” in the 17th century -- just as North America was being settled by the British. The English-speaking people in England mostly stuck with “autumn” while their distant cousins preferred “fall.” And that’s why, to this day, this is the only season we have two words for!
### Week of November 16 - 21

<table>
<thead>
<tr>
<th>Day</th>
<th>Lunch Options</th>
<th>Snack Options</th>
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</table>
| Monday, 11/16 | #1 Mini Cheeseburger Sliders  
#2 Whole Grain Corndog  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M) | Broccoli  
Salad Bar  
Milk |
| Tuesday, 11/17 | #1 Cheese Quesadilla w/ Salsa (M)  
#2 Bean & Cheese Burrito w/ Salsa (M)  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M) | Lemon Cookie  
Baby Carrots  
Salad Bar  
Milk |
| Wednesday, 11/18 | 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, 11/19 | #1 Cheese (M) or Pepperoni Pizza  
#2 Turkey Deli Sandwich  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M) | Fruit Sorbet  
Pinto Beans  
Salad Bar  
Milk |
| Friday, 11/20 | #1 Chicken Rings w/ Whole Grain Breadstick  
#2 Veggie Burger (M)  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M) | Peas  
Salad Bar  
Milk |

### What’s on Your Plate?

- **Grains:** Mostly Whole
- **Protein:** Grilled
- **Vegetables:** Half
- **Dairy:** 1 cup

### Default fruit.

There’s not a whole lot of fruit in the typical Thanksgiving spread. But, wait, cranberry sauce contains cranberries and has “berry” right there in its name, so it’s fruit, right? Not so fast, Pilgrim. While it does have some nutrients and fiber, canned cranberry sauce gets almost all of its calories from added sugar -- a measly ¾ cup contains 6 teaspoons of sugar. That’s an entire day’s worth!

**Tips:** Search for “cranberry sauce recipe” and make your own this year. It’s quick and simple and much healthier!

### Our Nation’s History

In the days before our country was established and even before the English landed at Plymouth Rock, the Algonquin people who lived in today’s New England region ate a lot of wild game, fish, and birds along with plant foods like corn, squash, and beans. They also gathered nuts and berries when they were in season. This healthy diet, along with a life of strenuous physical activity, kept Native Americans, for the most part, strong and fit. But something that was entirely missing from their foods also made Native American diets healthier -- there was ZERO added sugar in their diets.