**Menus for October 2015**

**Issaquah School District Elementary Menu**

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

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**Monday, October 5**

#1 Toasted Cheese Sandwich w/ Tomato Soup (M)  
#2 Whole Grain Corndog  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  

**Tuesday, October 6**

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

**Wednesday, October 7**

**Taste WA Day!**  
Broccoli  
White Chocolate Cranberry Cookie  
Baby Carrots  
Salad Bar  
Milk  

**Taste WA Day!**  
#1 Cheese (M) or Pepperoni Pizza  
#2 Chicken Caesar Wrap  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  

**Thursday, October 8**

#1 Cheesy Breadsticks w/ Pizza Sauce (M)  
#2 Beef Soft Taco w/ Salsa  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  

**Friday, October 9**

#1 Chicken Rings w/ Whole Grain Breadstick  
#2 Veggie Burger (M)  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  

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**Nutrition Tip**

The cheese in a ham and cheese sandwich adds a much higher percentage of calories from fat to the sandwich than the ham does. Typically, only about 30% of the calories in ham come from fat, making it a fairly low-fat protein choice, although cured ham is quite high in sodium. “Fresh” or uncured ham has fewer additives and is even healthier.

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**Lunch Prices:**

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

(M) = Meatless Entrée  

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**Taste WA Day**

On Oct. 7th we will be celebrating Taste WA Day by offering locally grown and produced grain, milk, vegetable, and fruit in all our schools.

Signage will be available in the lunch room that will highlight the farm that grew, harvested, and produced each of the featured food items.

We hope you enjoy this exciting day and the fresh featured items from a WA State farmer near you!

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**Monday, October 12**

No School!

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**Thursday, October 11**

#1 Pasta w/ Meat Sauce  
#2 Cheeseburger  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  

**Friday, October 12**

#1 Chicken Nuggets w/ Goldfish Grahams  
#2 Veggie Burger (M)  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  

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**Thursday, October 15**

#1 Cheese (M) or Pepperoni Pizza  
#2 Ham Deli Sandwich  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  

**Friday, October 16**

#1 Chicken Rings w/ Whole Grain Breadstick  
#2 Veggie Burger (M)  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  

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**Friday, October 1**

#1 Pasta w/ Meat Sauce  
#2 Cheeseburger  
#3 Yogurt Lunch (M)  
#4 Baked Potato Bar (M)  

**Friday, October 2**

Chocolate Krinkle Cookie  
Kidney Beans  
Salad Bar  
Milk  

**Friday, October 9**

Fruit Sorbet  
Pinto Beans  
Salad Bar  
Milk  

**Friday, October 16**

Corn  
Salad Bar  
Milk  

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**October Birthdays**

- Jimmy Carter (91) -- Oct. 1  
- Mahatma Gandhi -- Oct. 2  
- Matt Damon (45) -- Oct. 8  
- Bella Thorne (18) -- Oct. 8  
- Hillary Clinton (68) -- Oct. 26  
- Mahalia Jackson -- Oct. 26  

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**OCTOBER BIRTHDAYS**

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- Mahatma Gandhi -- Oct. 2  
- Matt Damon (45) -- Oct. 8  
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Fruits and Veggies can help you make MAGIC!

Try to eat 5-10 servings of Fruits and Veggies every day to make MAGIC on your plate!

1. Write the total number of fruit and veggie servings you eat on an average day __________
2. Multiply your average servings by 2 __________
3. Add 5 to the number on line 2 __________
4. Multiply line 3 by 50 __________
5. Write 1765 if you’ve had your birthday this year or 1764 if you haven’t __________
6. Add lines 4 and 5 together __________
7. Write the year you were born __________
8. Subtract line 7 from line 6 __________

The first digit on line 8 is your number of servings from line 1, and the remaining digits are your age. Now, increase your daily servings of fruits and veggies today and try it again!

It works like MAGIC!

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/zh/daily/foodpyramid.html

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<thead>
<tr>
<th>Date</th>
<th>Monday</th>
<th>Tuesday</th>
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<tbody>
<tr>
<td>October 19</td>
<td>#1 Mini Cheeseburger Sliders</td>
<td>#1 Fish Nuggets</td>
<td>#1 Cheese (M) or Pepperoni Pizza</td>
<td>#1 Nacho Supreme!</td>
<td>#1 Chicken Rings w/ Whole Grain Breadstick</td>
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<td>#2 Whole Grain Corndog</td>
<td>#2 Sloppy Joe</td>
<td>#2 Turkey Deli Sandwich</td>
<td>#2 No Choice</td>
<td>#2 Veggie Burger (M)</td>
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<td>Broccoli Salad Bar Milk</td>
<td>Brownies Baby Carrots Salad Bar Milk</td>
<td>Celery Sticks Salad Bar Milk</td>
<td>Churro Black Beans Salad Bar Milk</td>
<td>Peas Salad Bar Milk</td>
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<td>October 26</td>
<td>#1 Chicken Burger</td>
<td>#1 Cheese Quesadilla w/ Salsa (M)</td>
<td>#1 Cheese (M) or Pepperoni Pizza</td>
<td>#1 Chicken Rings w/ Whole Grain Breadstick</td>
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<td>#2 Whole Grain Mini Corndogs</td>
<td>#2 Bean &amp; Cheese Burrito w/ Salsa (M)</td>
<td>#2 Turkey Deli Sandwich</td>
<td>#2 Chicken Caesar Wrap</td>
<td>#2 Veggie Burger (M)</td>
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<td>Chocolate Chip Cake Baby Carrots Salad Bar Milk</td>
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<td>Brunch for Lunch!</td>
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<td>#1 Pancakes w/ Scrambled Eggs (M)</td>
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