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

Available Daily!

Every complete meal comes with a trip through the salad bar and a milk. In addition to the featured special of the day, secondary kitchens offer a variety of hot and cold entrée options each day.

Lunch Prices:
- Full Pay = $3.75
- Reduced = $0.40
- Adults = $4.25

A la carte items are available in addition to the lunch program. Prices vary by item.

Featured Specials of the Day

**Monday, May 2**
- Bacon Cheeseburger
- Baby Carrots

**Tuesday, May 3**
- Pasta w/ Meat Sauce & Whole Grain Breadstick/Roll
- Celery Sticks
- Lemon Cookie

**Wednesday, May 4**
- Orange Chicken w/ Brown Rice & Stir Fry Veggies
- Broccoli
- Chocolate Chip Cake

**Thursday, May 5**
- Chicken Enchiladas w/ Green Chile Sauce
- Pinto Beans
- Peanut Butter Cookie

**Friday, May 6**
- Chicken Tenders w/ Mashed Potatoes & Gravy
- Peas

School Lunch Superhero Day

May 6th

School Nutrition Employee Appreciation Week

May 2-6

TOASTED.

Just one bad, blistering sunburn when you’re young doubles your risk for skin cancer later in life. Yet more than half of all kids report having at least a minor sunburn in the past year. Don’t get burned this summer!

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

Featured Specials of the Day

**Monday, May 9**
- Italian Chicken Sandwich
- Baby Carrots

**Tuesday, May 10**
- Tacos
- Kidney Beans
- Churro

**Wednesday, May 11**
- Cheese or Pepperoni Pizza
- Broccoli
- Chocolate Krinkle Cookie

**Thursday, May 12**
- Mac & Cheese w/ Whole Grain Roll
- Celery Sticks
- Pumpkin Cake

**Friday, May 13**
- Toasted Ham & Cheese Sandwich w/ Tomato Soup
- Corn
Featured Specials of the Day

**Monday, May 16**
- Western Cheeseburger
- Baby Carrots

**Tuesday, May 17**
- Chicken Fajitas
- Garbanzo Beans
- Chocolate Cake

**Wednesday, May 18**
- General Tso Chicken w/ Brown Rice & Stir Fry Veggies
- Broccoli
- Double Chocolate Chip Cookie

**Thursday, May 19**
- Swedish Meatballs w/Mashed Potatoes & Whole Grain Roll
- Celery Sticks
- Snickerdoodle

**Friday, May 20**
- Fish N Chips
- Peas

**Monday, May 23**
- Chicken Cordon Bleu Burger
- Baby Carrots

**Tuesday, May 24**
- Nachos
- Black Beans
- Sugar Cookie

**Wednesday, May 25**
- Honey Fire Chicken w/ Brown Rice & Stir Fry Veggies
- Broccoli
- Oatmeal Chocolate Chip Cookie

**Thursday, May 26**
- Chicken Alfredo w/ Whole Grain Breadstick
- Celery Sticks
- Brownie

**Friday, May 27**
- Chili w/ Whole Grain Cornbread
- Corn

**Monday, May 30**
- Click here to enter your featured choices for today’s date.

**Tuesday, May 31**
- Chicken Parmesan w/ Pasta
- Baby Carrots
- White Chocolate Cranberry Cookie

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**eatfit**

**wanna stay fit? gotta eat right!**

Where do all of our crazy food names and phrases come from?

_**This month: “Take it with a grain of salt”**_

Has anyone ever told you to take something “with a grain of salt”? It means that you shouldn’t necessarily believe what you’re being told. The Latin words for “salt” and “wisdom” are the same, so some say that the phrase means “use your wisdom to decide if this is true.” But feel free to take this explanation (wait for it) with a grain of salt! Just one of those food-related sayings that so often “spice up” our language!

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**item: water**  **verdict: ripped**

**tip:** Use water to power your workouts — and your life. Try to drink at least 6-8 8-ounce servings of water a day. No matter how much you drink, it always adds up to zero calories. So try having agua instead of soda or other high-calorie, low-nutrition drinks as often as possible!