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

**Featured Specials of the Day**

**Thursday, October 1**
- Pasta w/ Meat Sauce & Whole Grain Roll/Breadstick
- Celery Sticks
- White Chocolate Cranberry Cookie

**Friday, October 2**
- Fish N Chips
- Corn

**Monday, October 5**
- Bacon Cheeseburger
- Baby Carrots

**Tuesday, October 6**
- Chicken Enchiladas w/ Green Chile Sauce
- Black Beans
- Churro

**Wednesday, October 7**
- Taste Washington Day!
- Cheese or Pepperoni Pizza
- Locally Grown Produce
- Snickerdoodle

**Thursday, October 8**
- Chicken Alfredo w/ Whole Grain Breadstick
- Celery Sticks
- Chocolate Cake

**Friday, October 9**
- Chicken Tenders w/ Mashed Potatoes & Gravy
- Peas

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, each secondary kitchen offers a variety of hot and cold entrée options each day.

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

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

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**Featured Specials of the Day**

**Monday, October 12**
- No School

**Tuesday, October 13**
- Chicken Fajitas
- Pinto Beans
- Peanut Butter Cookie

**Wednesday, October 14**
- Orange Chicken w/ Brown Rice & Stir Fry Veggies
- Broccoli
- Lemon Cookie

**Thursday, October 15**
- Mac & Cheese w/ Whole Grain Roll
- Celery Sticks
- Cowboy Cookie

**Friday, October 16**
- Toasted Ham & Cheese Sandwich w/ Tomato Soup
- Corn

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**Are You Ready For This Guy?**

The flu bug makes the scene in October and can hang around until May! Protect yourself. The flu vaccine can keep the bug at bay, help limit the spread of the flu in our community, and make the illness less severe if you do come down with it.

**Wellness is a Way of Life!**
Nutrition analysis of this typical School Lunch Combo:

**Turkey & Cheese on Whole Wheat**
TOTAL CALORIES: 690
CALORIES FROM PROTEIN: 19%
CAL. FROM CARBOHYDRATES: 53%
CALORIES FROM FAT: 28%
GOAL: 30% OR LESS FAT CALORIES

**Lettuce & Tomato**

**Baked Potato w/Butter**

**Fresh Apple**

**nONfat Chocolate Milk**

Total calories: 690
Calories from protein: 19%
Cal. from carbohydrates: 53%
Calories from fat: 28%
Goal: 30% or less fat calories

**Featured Specials of the Day**

**Monday, October 19**
Chicken Cordon Bleu Burger
Baby Carrots

**Tuesday, October 20**
Tacos
Kidney Beans
Oatmeal Chocolate Chip Cookie

**Wednesday, October 21**
General Tso Chicken w/Brown Rice & Stir Fry Veggies
Broccoli
Chocolate Chip Cake

**Thursday, October 22**
Swedish Meatballs w/Mashed Potatoes & Whole Grain Roll
Celery Sticks
Chocolate Krinkle Cookie

**Friday, October 23**
Chicken Nuggets or Rings w/Whole Grain Roll/Breadstick & Fries
Peas

**Monday, October 26**
Italian Chicken Sandwich
Baby Carrots

**Tuesday, October 27**
Nachos
Garbanzo Beans
Brownie

**Wednesday, October 28**
Honey Fire Chicken w/Brown Rice & Stir Fry Veggies
Broccoli
Double Chocolate Chip Cookie

**Thursday, October 29**
Western Cheeseburger
Celery Sticks

**Friday, October 30**
Chicken Parmesan w/Pasta
Peas
Sugar Cookie

There’s magic at the produce stand!

Try to eat 5-10 servings of Fruits and Veggies every day to make sure you EAT FIT!

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!