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 items each day.

Lunch Prices

<table>
<thead>
<tr>
<th></th>
<th>Full Pay</th>
<th>Reduced</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>$3.75</td>
<td>$0.40</td>
</tr>
</tbody>
</table>

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

Featured Specials of the Day

**Tuesday, September 1**
- Bacon Cheeseburger
- Baby Carrots

**Wednesday, September 2**
- Orange Chicken w/ Brown Rice & Stir Fry Veggies
- Broccoli
- Snickerdoodle

**Thursday, September 3**
- Pasta w/ Meat Sauce & Whole Grain Roll/Breadstick
- Celery Sticks
- Oatmeal Chocolate Chip Cookie

**Friday, September 4**
- Fish N Chips
- Corn

**Monday, September 7**
- **LABOR DAY**

**Tuesday, September 8**
- Tacos
- Black Beans
- Churro

**Wednesday, September 9**
- Chicken Alfredo w/ Whole Grain Breadstick
- Broccoli
- Brownie

**Thursday, September 10**
- Cheese Or Pepperoni Pizza
- Celery Sticks
- Cowboy Cookie

**Friday, September 11**
- Chicken Tenders w/ Mashed Potatoes & Gravy
- Peas

Menus for September 2015
Issaquah School District Secondary Menu

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

Our meals are convenient, economical, and healthy. Please join us often!

Full Pay

- Labor Day
- $3.75

Reduced

- Labor Day
- $0.40

Get in touch with us today to learn more about free and reduced-price meals in our district:

425-837-5060

Issaquah School District Nutrition Services
Featured Specials of the Day

Monday, September 14
Chicken Cordon Bleu Burger
Baby Carrots

Tuesday, September 15
Nachos
Pinto Beans
Peanut Butter Cookie

Wednesday, September 16
General Tso Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
Chocolate Chip Cake

Thursday, September 17
Toasted Ham & Cheese Sandwich w/ Soup
Celery Sticks
Sugar Cookie

Friday, September 18
Mac & Cheese w/ Whole Grain Roll
Corn

featured specials of the Day

Monday, September 21

Western Cheeseburger
Baby Carrots

Tuesday, September 22

Chicken Enchiladas w/ Green Chile Sauce
Kidney Beans
Chocolate Cake

Wednesday, September 23

Chicken Parmesan w/ Pasta
Broccoli
Oatmeal Butterscotch Cookie

Thursday, September 24

Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll
Celery Sticks
Chocolate Krinkle Cookie

Friday, September 25

Chicken Rings or Nuggets & Fries
Peas

eat fit wanna stay fit? gotta eat right!

item: corn on the cob

verdict: Aye and Eye

tip: “Aye” because corn on the cob is a definite “yes!” nutritionally -- full of fiber and beneficial phytonutrients. “Eye” because corn also contains anti-oxidants that help your eyes filter out some of the sun’s damaging rays.

EAT YOUR WATER.
Your go-to choice for hydration should be good old H2O. But foods like watermelon (of course), cucumbers, peppers, celery, cauliflower, tomatoes, and strawberries are all more than 90% water and can help you hydrate AND feel more full, too.

WELLNESS IS A WAY OF LIFE!

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

Featured Specials of the Day

Monday, September 28
Italian Chicken Sandwich
Baby Carrots

Tuesday, September 29
Chicken Fajitas
Garbanzo Beans
Lemon Cookie

Wednesday, September 30
Honey Fire Chicken w/ Brown Rice & Stir Fry Veggies
Broccoli
Double Chocolate Cookie

Thursday, September 30
Toasted Ham & Cheese Sandwich w/ Soup
Celery Sticks
Sugar Cookie

Friday, September 30
Mac & Cheese w/ Whole Grain Roll
Corn

The only bad workout . . .

. . . is the one that never happened.

Go for it.