

**Health-e
LIVING**



Issaquah School District Secondary Menu

December 2018

InSeason! Grapefruit

In just 1/2 (100g) of a grapefruit there's roughly 60% daily value for vitamin C! That's more than half of your daily need in less than a cup!



May increase metabolic rate (i.e. metabolism!), by working on a cellular level increasing the amount of ATP, which is a fancy way of saying "cellular energy".

Announcements

Every complete meal comes with a choice of 1% white milk, fat free chocolate milk or 1% lactose-free white milk and a trip through the salad bar.

In addition to the featured special of the day each secondary kitchen offers a variety of hot and cold entrée options each day.

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

Meal Prices

Full Pay = \$4.00

Reduced = \$0.40

Adults = \$4.50

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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

03

Bacon Cheeseburger

Baby Carrots & Apple

04

Tacos

Garbanzo Beans & Grapes
Snickerdoodle

05

Swedish Meatballs w/
Mashed Potatoes & Whole
Grain Roll

Broccoli & Peaches
Chocolate Cake

06

Orange Chicken w/ Brown
Rice & Stir Fry Veggies

Celery & Mandarin Oranges
Krinkle Cookie

No M.S. Lunch 07

BBQ Chicken Drum w/
Whole Grain Cornbread

Peas & Applesauce Cup

10

Western Chicken Burger

Baby Carrots & Fruit
Cocktail

11

Chicken Enchiladas w/
Green Chile Sauce

Pinto Beans & Grapes
Brownies

12

Philly Cheese Steak
Sandwich

Broccoli & Apple
White Chocolate Cranberry
Cookie

13

General Tso Chicken w/
Chow Mein & Stir Fry
Veggies

Celery & Mandarin Oranges
Pumpkin Cake

14

Chicken Alfredo w/ Whole
Grain Breadstick

Corn & Peaches

17

BBQ Chicken Drum w/
Whole Grain Roll

Baby Carrots & Apple

18

Nachos

Black Beans & Grapes
Churro

19

BBQ Pulled Pork Sandwich

Broccoli & Pineapple Tidbits
Sugar Cookie

20

NO SCHOOL

21

NO SCHOOL

24

NO SCHOOL

25

NO SCHOOL

26

NO SCHOOL

27

NO SCHOOL

28

NO SCHOOL

31

NO SCHOOL