



February

2020

In Season Broccoli

Broccoli shares cancer fighting, immune boosting properties.



Broccoli contains high levels of both calcium and vitamin K, both of which are important for bone health and prevention of osteoporosis.

Monday

Tuesday

Wednesday

Thursday

Friday

3

#1 Mini Cheeseburger Sliders
#2 Whole Grain Mini Corndogs

Broccoli & Peaches

4

#1 Teriyaki Beef Dippers w/ Brown Rice
#2 Teriyaki Chicken Drum w/ Brown Rice
Baby Carrots & Apple Snickerdoodle

Brunch for Lunch! **5**

#1 Dutch Waffle w/ Turkey Sausage Patty
#2 Pancakes w/ Turkey Sausage Patty
Celery Sticks & Strawberry Cup

6

#1 Cheese (M) or Pepperoni Pizza
#2 Turkey Ham Deli Sandwich

Garbanzo Beans & Raisins Brownie

7

#1 Chicken Nuggets w/ Whole Grain Vanilla Crackers
#2 Veggie Burger (M)

Corn & Mandarin Oranges

10

#1 BBQ Chicken Drum w/ Whole Grain Cornbread
#2 Whole Grain Corndog

Broccoli & Craisins

11

#1 Cheesy Rippers w/ Pizza Dipping Sauce (M)
#2 Beef Soft Taco w/ Salsa

Baby Carrots & Banana Chocolate Krinkle Cookie

12

#1 Cheese (M) or Pepperoni Pizza
#2 Chicken Caesar Wrap

Celery Sticks & Orange

13

#1 Pasta w/ Meat Sauce
#2 Hot Dog in a Bun

Kidney Beans & Pineapple

14

#1 Chicken Rings w/ Whole Grain Breadstick
#2 Veggie Burger (M)

Peas & Grapes
*Holiday Cookie

17

NO SCHOOL

18

NO SCHOOL

19

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

24

#1 Mac & Cheese (M)
#2 Whole Grain Corndog

Broccoli & Fruit Cocktail

25

#1 Lasagna w/ Whole Grain Breadstick
#2 Chicken Burger

Baby Carrots & Pears Fruit Crisp

26

#1 Cheese (M) or Pepperoni Pizza
#2 Turkey Deli Sandwich

Celery Sticks & Orange

27

#1 Nacho Supreme
#2 Bean & Cheese Burrito w/ Salsa (M)

Black Beans & Peaches
Chocolate Chio Cookie

28

#1 Chicken Nuggets w/ Whole Grain Vanilla Crackers
#2 Veggie Burger (M)
Corn & Applesauce Cup

*Our standard sugar cookie recipe that may contain additional sprinkles and/or food coloring. Contact kitchen for details.

Announcements

(M) = Meatless Entrée

- Daily Entrées Available:**
- #3 Yogurt Lunch (M)
 - #4 Baked Potato Bar (M)

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.

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

Meal Prices

Full Pay = \$3.75

K-3 Reduced = Free

4-5 Reduced = \$0.40

Milk = \$0.50

Adults = \$4.50