



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

Bacon Cheeseburger
Baby Carrots & Apple

4

Chicken Enchiladas w/ Green Chile Sauce
Pinto Beans & Pineapple Fruit Crisp

5

Lasagna w/ Whole Grain Breadstick/Roll
Broccoli & Fruit Cocktail
Double C.C. Cookie

6

Orange Chicken w/ Brown Rice & Stir Fry Veggies
Celery & Grapes
Brownie

7

Fish N Chips
Peas & Orange

10

BBQ Chicken Drum w/ Whole Grain Roll
Baby Carrots & Apple

11

Tacos
Garbanzo Beans & Orange Snickerdoodle

12

Swedish Meatballs w/ Mashed Potatoes & Whole Grain Roll
Broccoli & Peaches
Chocolate Chip Cookie

13

General Tso Chicken w/ Chow Mein & Stir Fry Veggies
Celery & Pears

14

BBQ Pulled Pork Sandwich
Corn & Strawberry Cup
*Holiday Cookie

17

NO SCHOOL

18

NO SCHOOL

19

NO SCHOOL

20

NO SCHOOL

21

NO SCHOOL

24

Chicken Alfredo W/ Whole Grain Breadstick
Baby Carrots & Apple

25

Nachos
Black Beans & Pears
C.C. Cake

26

Philly Cheese Steak Sandwich
Broccoli & Mandarin Oranges
Chocolate Krinkle Cookie

27

Sweet & Sour Chicken w/ Brown Rice & Stir Fry Veggies
Celery & Raisins
Peanut Butter Cookie

28

BBQ Chicken Drum w/ Whole Grain Cornbread
Peas & Peach Cup

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

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

Milk = \$0.50

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