



# Menus for October 2011

## Issaquah School District Elementary Menu

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## SAVE THE BANANA!



They're a nutritious, portable snack or part of a healthy breakfast -- but bananas are under attack! A disease could wipe out the world's supply of the most popular kind of banana in the next 25 years. Scientists are hard at work to identify banana varieties that resist the disease. Let's wish them luck!

**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**



## AND ONLY!

The bloodhound is the only animal that can give evidence that can be used in a court of law!

### Lunch Prices:

Full Pay = \$3.25

K-3 Reduced = Free

4-5 Reduced = \$0.40

Adult = \$4.00

(M) =  
Meatless Entrée

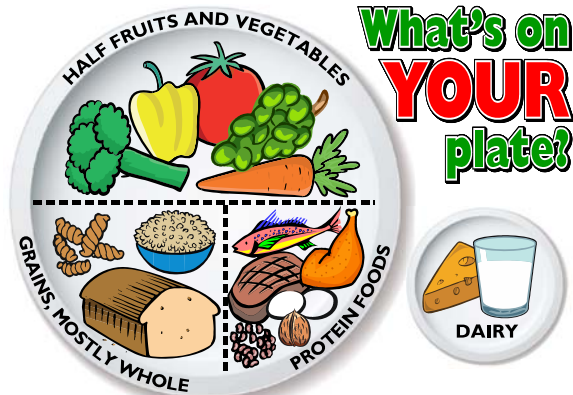
## ◆ WONDERS OF THE WORLD ◆



Lake Toba in Indonesia is remote, rugged, beautiful -- and much more than the peaceful picture postcard it appears to be. The 60-mile-long lake is actually the remnant of a humongous volcano that 70,000 years ago produced the largest explosive eruption on earth in the last 25 million years. This so-called supervolcano led to a long "volcanic winter" with average temperatures up to 25°F colder around the world!

## THE LAKE TOBA SUPERVOLCANO ◆ INDONESIA

Monday, October 3	Tuesday, October 4	Wed., October 5	Thursday, October 6	Friday, October 7
#1 Chicken Burger #2 Bean & Cheese Burrito w/ Salsa (M) #3 Yogurt Lunch (M) #4 Baked Potato Bar (M)	#1 Whole Grain Corn dog w/ Oven Fries #1 Turkey Deli Sandwich w/ Oven Fries #3 Yogurt Lunch (M) #4 Baked Potato Bar (M)	#1 Cheese (M) or Pepperoni Pizza #2 Hamburger #3 Yogurt Lunch (M) #4 Baked Potato Bar (M)	<b>Brunch for Lunch!</b> #1 French Toast Sticks w/ Scrambled Eggs (M) #2 Pancakes w/ Scrambled Eggs (M) #3 Yogurt Lunch (M) #4 Baked Potato Bar (M)	#1 Chicken Rings w/ Homemade Whole Wheat Roll #2 Southwest Chicken Salad #3 Yogurt Lunch (M) #4 Baked Potato Bar (M)
Sugar Cookie Salad Bar Milk	Chocolate Cake Salad Bar Milk	Salad Bar Milk	Baked Fruit Crisp Salad Bar Milk	Salad Bar Milk
Monday, October 10	Tuesday, October 11	Wed., October 12	Thursday, October 13	Friday, October 14
#1 Teriyaki Beef Dippers w/ Rice #2 Eggroll w/ String Cheese #3 Yogurt Lunch (M) #4 Baked Potato Bar (M)	#1 Pasta w/ Meat Sauce & Homemade Whole Wheat Roll #2 Italian Hot Pocket (M) #3 Yogurt Lunch (M) #4 Baked Potato Bar (M)	#1 Cheese (M) or Pepperoni Pizza #2 Chicken Burger #3 Yogurt Lunch (M) #4 Baked Potato Bar (M)	#1 Toasted Cheese Sandwich w/ Soup (M) #2 Beef Soft Taco #3 Yogurt Lunch (M) #4 Baked Potato Bar (M)	#1 Chicken Nuggets w/ Homemade Whole Wheat Roll #2 Chef Salad #3 Yogurt Lunch (M) #4 Baked Potato Bar (M)
Fortune Cookie Salad Bar Milk	Brownie Salad Bar Milk	Salad Bar Milk	Chocolate Chip Cookie Salad Bar Milk	Salad Bar Milk



# Superfood?

Did you know that Parsley is a vegetable? We mainly use it as a cooking herb or as garnish to make a plate look nice, but you'd do well to munch it rather than toss it out when you scrape your plate. Parsley contains three times as much vitamin C as oranges, twice as much iron as spinach, and lots of vitamin A and minerals, too. Plus, chewing parsley helps prevent bad breath!



Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)

## NUTRITION TO GO

School pizza is typically much healthier than supermarket pizza or slices from a pizzeria. Whole wheat crust, reduced-sodium sauce, and lowfat mozzarella cheese are a few ways that school pizza has been "re-imagined" to make pizza a nutritious choice for kids -- especially since you know they'll eat it!

**A TASTY MORSEL FOR PARENTS**

### Monday, October 17

- #1 Mac & Cheese (M)
- #2 Turkey Deli Sandwich
- #3 Yogurt Lunch (M)
- #4 Baked Potato Lunch

Chocolate Krinkle  
Cookie  
Salad Bar  
Milk

### Tuesday, October 18

- #1 Hot Dog in a Bun w/ Sunchips
- #2 Veggie Burger w/ Sunchips (M)
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Rice Krispie Treat  
Salad Bar  
Milk

### Wed., October 19

- #1 Cheese (M) or Pepperoni Pizza
- #2 Hamburger
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

### Thursday, October 20

- #1 Nacho Supreme!
- #2 No Choice
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Churro  
Salad Bar  
Milk

### Friday, October 21

- #1 Chicken Rings w/ Homemade Whole Wheat Roll
- #2 Beef Taco Salad
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

### Monday, October 24

- #1 Fish Nuggets w/ Heart-Shaped Pretzels
- #2 Chicken Slugger w/ Heart-Shaped Pretzels
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Cowboy Cookie  
Salad Bar  
Milk

### Tuesday, October 25

- Brunch for Lunch!**
- #1 Breakfast Burrito w/ String Cheese
  - #2 Waffle Sticks w/ Scrambled Eggs (M)
  - #3 Yogurt Lunch (M)
  - #4 Baked Potato Bar (M)

Baked Cinnamon Apples  
Salad Bar  
Milk

### Wed., October 26

- #1 Cheese (M) or Pepperoni Pizza
- #2 Ham Deli Sandwich
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

### Thursday, October 27

- #1 Turkey Gravy w/ Mashed Potatoes & Homemade Whole Wheat Roll
- #2 No Choice
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Pumpkin Bar  
Salad Bar  
Milk

### Friday, October 28

- #1 Chicken Nuggets w/ Homemade Whole Wheat Roll
- #2 Southwest Chicken Salad
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)

Salad Bar  
Milk

### Monday, October 31

- #1 Bat-Shaped Chicken Nuggets w/ Homemade Whole Wheat Roll
- #2 Hamburger
- #3 Yogurt Lunch (M)
- #4 Baked Potato Bar (M)



Orange Sherbet  
Salad Bar  
Milk

THE TSUNAMI THAT HIT JAPAN LAST MARCH CAUSED ICEBERGS TO BREAK OFF FROM THE ICE SHELF IN ANTARCTICA -- **8,000 MILES AWAY!** IT TOOK 18 HOURS FOR THE WAVES TO REACH THAT DISTANT SHORE, AND THEY WERE ONLY ABOUT A FOOT HIGH WHEN THEY GOT THERE, BUT THE ACTION WAS ENOUGH TO BREAK OFF ICEBERGS WITH COMBINED SURFACE AREAS MORE THAN **TWICE THE SIZE OF MANHATTAN!**

# STRANGE BUT TRUE!

