








Howard-Suamico School District Menu September 2016

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|
|  | | <p>Welcome Back</p> | <p>1</p> <p>Chicken Nuggets with Ranch or BBQ Sauce Dinner Roll Baked Beans Baby Carrots/Dip Peaches Applesauce</p> | <p>2</p> <p>Portesi Cheese Fries Marinara Sauce Broccoli & Cauliflower Jicama Sticks/Dip Pineapple Pears Birthday Cupcake</p> <p>HAPPY BIRTHDAY, SEPTEMBER BABIES!</p> |
| <p>5</p> <p>NO SCHOOL</p>  | <p>6</p> <p>Mini Corn Dogs Green Beans Baby Carrots/Dip Applesauce Peaches</p>  | <p>7</p> <p>2 Soft Shell Tacos with Meat & Cheese Lettuce, Tomato Salsa, Sour Cream Rice Black Beans Corn Mixed Fruit Banana</p> | <p>8</p> <p>4" Pepperoni Pizza Broccoli Pears Mandarin Oranges Salad Bar</p>  | <p>9</p> <p>Hamburger on a Bun Cheese Slice Lettuce, Tomato Onion, Pickle Raw Veggies/Dip Applesauce Grapes</p> |
| <p>12</p> <p>Hot Dog on a Bun Onions, Pickle Relish Vanilla Sweet Potato Fries Baked Beans Apple Slices Pineapple</p>  | <p>13</p> <p>Diced Chicken in Gravy Mashed Potatoes Dinner Roll Green Beans Mandarin Oranges Pears Salad Bar</p> <p>PIZZA SCHMIZZA at HOWARD & MEADOWBROOK</p> | <p>14</p> <p>BRUNCH FOR LUNCH: Ham French Toast Sticks Maple Flavored Syrup Mini Tri Taters Jicama Sticks Fresh Cucumber Slices Applesauce Strawberries</p> | <p>15</p> <p>Stuffed Crust Cheese Pizza Broccoli Mixed Fruit Peaches Salad Bar</p>  | <p>16</p> <p>Spaghetti with Meat Sauce Cheesy Bosco Stick Green Beans Pineapple Pears</p> |
| <p>19</p> <p>Chicken Tenders with Ranch or BBQ Sauce Dinner Roll Baked Beans Baby Carrots/Dip Peaches Applesauce</p>  | <p>20</p> <p>NACHO GRANDE: Nachos with Meat & Cheese Sauce Lettuce, Tomato Salsa, Black Olives Sour Cream Rice Refried Beans Corn Pears Wacky Watermelon</p> | <p>21</p> <p>MUNCH-A-LUNCH: Trix Yogurt String Cheese Soft Pretzel Cheese Sauce Raw Veggies/Dip Pineapple Banana Tropical Twist Juice Box</p>  | <p>22</p> <p>Salisbury Steak in Gravy Mashed Potatoes Double Chocolate Muffin Peas & Carrots Pears Grapes Salad Bar</p> <p>PIZZA SCHMIZZA at FOREST GLEN</p>  | <p>23</p> <p>Portesi Cheese Fries Marinara Sauce Broccoli Crispy Fresh Cukes/Dip Mandarin Oranges Pineapple</p>  |
| <p>26</p> <p>Chicken Patty on a Bun Lettuce & Tomato Baked Beans Baby Carrots/Dip Pears Peaches</p>  | <p>27</p> <p>Cheesy French Bread with Marinara Sauce Broccoli Pineapple Mixed Fruit Salad Bar</p> | <p>28</p> <p>WACKY WAFFLE WEDNESDAY: Cheese Omelet Belgian Waffle Stick Maple Flavored Syrup Tater Tots Crispy Fresh Cukes/Dip Applesauce Banana</p> | <p>29</p> <p>Hot Dog on a Bun Onions, Pickle Relish Green Beans Pasta Salad Raw Veggies/Dip Pears Mandarin Oranges</p> <p>PIZZA SCHMIZZA at BAY HARBOR & SUAMICO</p> | <p>30</p> <p>BAY PORT BOWL HOME COMING MENU: Popcorn Chicken, Mashed Potatoes/Gravy, and Corn Dinner Roll Pineapple Grapes Pirate Waters (Blue) Gelatin</p> <p>GO PIRATES!!!</p> |



Farm to School

Welcome back to school!
This is a great time of year to enjoy produce that grows on vines like tomatoes, cucumbers, summer squash, zucchini and melon.





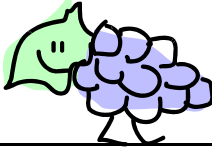




EAT YOUR FRUITS & VEGGIES

Circle all fruits & veggies on the menu.

- How many fruits & veggies are red?
- How many are green?
- How many are yellow?
- How many are orange?
- Put a star next to your favorite fruits & veggies.

Alternate entree offered daily. Fat-free chocolate, skim, or 1% milk included with meal.
Lunch price is \$2.10 for grades K-4, \$2.30 for 5-8, \$.40 reduced price, and \$.35 milk.
This institution is an equal opportunity provider and employer.

Elementary Breakfast Menu - September 2016

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|---|
|  |  | | 1 Mini Donuts String Cheese Orange Wedges Juice Cup  | 2 Krave Cereal Pouch Cinn Graham Squares Apple Slices Juice Cup |
| 5 NO SCHOOL LABOR DAY | 6 Bacon Scramble Pizza Applesauce Juice Cup | 7 Fruity Cheerios Bar Hard-Cooked Egg Orange Wedges Juice Cup  | 8 Chocolate Chip Waffle Grapes Juice Cup | 9 Apple Jacks Cereal Cinn Graham Squares Banana Juice Cup  |
| 12 Fudge Pop-Tart Cinn Graham Squares Applesauce Juice Cup | 13 Breakfast Taco Salsa or Ranch Dressing Grapes Juice Cup  | 14 Pumpkin Choc Chip Square Margarine String Cheese Orange Wedges Juice Cup | 15 Mini Pancakes Applesauce Juice Cup  | 16 Lucky Charms Cereal Cinn Graham Squares Apple Slices Juice Cup |
| 19 Double Chocolate Muffin Margarine String Cheese Applesauce Juice Cup | 20 Egg & Cheese Sandwich Banana Juice Cup | 21 Fruit Smoothie Vanilla Bear Grahams Grapes Juice Cup | 22 Mini Blueberry Waffles Cinn Graham Squares Apple Slices Juice Cup | 23 Strawberry Pop-Tart Cinn Graham Squares Orange Wedges Juice Cup  |
| 26 Zucchini Bread Applesauce Juice Cup | 27 Cheesy Bosco Stick Marinara-Pizza Sauce Banana Juice Cup  | 28 Trix Cereal Bar Hard-Cooked Egg Grapes Juice Cup | 29 Pancake Wrapped Sausage Applesauce Juice Cup | 30 Mini Chocolate Donuts Apple Slices Juice Cup  |

SEPTEMBER HARVEST ITEMS

There are plenty of fruits and vegetables ready for harvesting in Wisconsin this month. Circle the ones that you have tried.

| | |
|----------------|-------------|
| Apples | Hot Peppers |
| Arugula | Kale |
| Beans | Kohlrabi |
| Beets | Leeks |
| Bell Peppers | Okra |
| Bok Choy | Onion |
| Broccoli | Pears |
| Brussels | Potatoes |
| Cabbage | Radishes |
| Carrots | Raspberries |
| Cauliflower | Rutabagas |
| Chard | Salad Mix |
| Collard Greens | Scallions |
| Corn | Spinach |
| Cranberries | Sprouts |
| Cucumbers | Squash |
| Eggplant | Tomatillos |
| Grapes | Tomatoes |

Includes choice of 1%, fat free chocolate or skim milk.

Menu is subject to change.

Meal price is \$1.30; meal is free to those approved for free or reduced price meals.

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